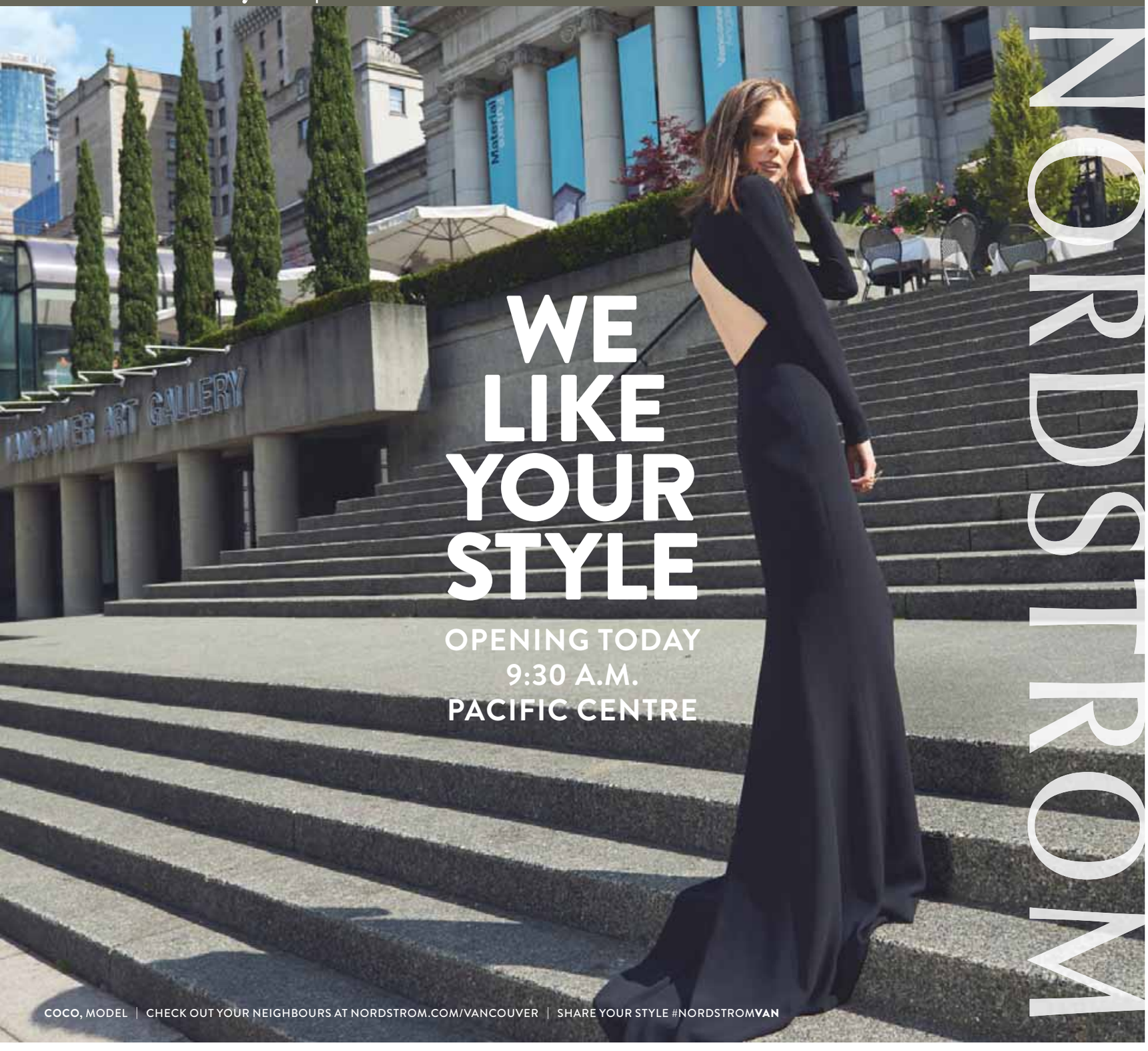
Vancouver metro
Your essential daily news | WEEKEND, SEPTEMBER 18-20, 2015



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WEEKEND, SEPTEMBER 18-20, 2015 High 15°C/Low 14°C Periods of rain

Metro grades the debate

Harper ..... B
Trudeau ..... C+
Mulcair ..... B

metroNEWS

JENNIFER GAUTHIER/METRO

Around-the-world cyclist has his stolen bike returned, and...

'IT'S AWESOME'

Thandi Fletcher
Metro | Vancouver

A Taiwanese man who had his bike stolen in Vancouver last week while cycling around the world is ecstatic after his most prized possession was returned.

On Thursday, the same day a story ran in Metro about Jacky Chen's stolen bike, the cyclist received a phone call from Vancouver police that it had been found.

"It's incredible," an elated Chen told Metro. "It's awesome. There are thousands of bikes stolen in Vancouver. I didn't think I would get it back."

Although the bike needs repairs before he can continue his journey, Chen said he is just happy to have it back.

Const. Brian Montague, spokesman for Vancouver police, said police are thrilled to have played a role recovering Chen's bike.

"In this particular case, when a bike has some extra meaning and sentimental attachment to the rider, we're obviously ecstatic," he said.

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NASA reveals new picture of Pluto. **World**

Telus shows off its green, 'rule-breaking' office tower

INNOVATION

$750M project was six years in the making

Emily Jackson
Metro | Vancouver

It's greener, it's swankier and it undoubtedly pushes the envelope more than other office buildings in downtown Vancouver.

Telus held the grand opening on Thursday for Telus Garden, a $750-million project that has been six years in the making on the block between Robson and Georgia streets at Richards Street.

"Telus Garden is without a doubt one of the most technologically innovative and environmentally friendly developments in the world," Telus CEO Darren Entwistle said in a compelling speech that had the energy of a political rally, not a staid corporate event.

Entwistle said the development builds upon the company's history of investing in Vancouver, where Telus has had offices on the same block since the early 1900s.

The block was transformed with the goal of creating a "human ecosystem" that gives back to the arts, architecture and is kinder on the environment.

The tower is LEED platinum — the highest level on the green building certification scale — and posts the highest LEED score of any tower in Vancouver's history, Entwistle added.

Hours later at a separate event, outgoing city planner Brian Jackson questioned whether LEED is the best standard.

The building boasts nearly 300 solar panels, collects rainwater to use for flushing toilets, uses motion sensor lighting to keep it dark when no one's around and captures heat from its nearby data centre.

It also has a grand piano in the lobby, 40 Koi fish and countless local artworks, including a wood and glass outdoor canopy inspired by Emily Carr's Nature's Cathedral.

Developer Ian Gillespie of Westbank thanked the city for allowing the project to deviate from the mold and cantilever parts of the building over the street.

"We broke a lot of rules to make this happen," Gillespie said of the lot, which used to be a city parking lot.

Mayor Gregor Robertson said the city created new rules for the project and made changes to its bylaws to enable new ideas to happen, such as the pop outs over the street.

"We felt it's time to start using space up high over the streets to really accentuate the building, give more space, give more dynamic to the city," Robertson said.

A piano is located next to the Koi fish pond in the lobby of Telus Garden, Telus' new $750-million tower at 575 West Georgia St. EMILY JACKSON/METRO

DEVELOPMENT

Top city planner to retire

In his three years as the City of Vancouver's top planner, Brian Jackson said the criticism against his work grew louder, angrier and more amplified by social media.

"It has become very personal and very vicious," Jackson said in a speech at a swanky Urban Development Institute luncheon on Thursday, his last to the crowd of developers before he retires in December.

He said people are afraid to apply for his job — one of four empty seats at the top of Vancouver's organization.

But in his hour-long address, his message to future planners was to "ignore the haters." He implored the city to keep at its goals (density near transit and downtown) and to make tough decisions. He argued that contrary to some critics' beliefs, Vancouver's growth is not out of control and is similar to other municipalities in the region.

He also took the chance to defend the two most controversial files of his tenure: the Grandview Woodland community plan and the Brenhill lawsuit. He said when the city suggested tower heights that the community hated, it apologized and went back to the drawing board.

Going forward, Jackson does not recommend creating a city plan. It would stall development in a market that already can't keep up with demand, he said. He suggested the city create a townhouse policy and fix its community amenity contribution scheme. EMILY JACKSON/METRO

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ART

Immersive arts festival allows 3D exploration of historic locale

Matt Kieltyka
Metro | Vancouver

There's a conspicuous free-standing room in the middle of Woodward's airy, open atrium capable of transporting you into Vancouver's past.

Step through the doorway, and you'll find yourself able to roam through Hogan's Alley in 1948 and see what the city looked like before it became the glass tower mecca it is today.

Virtually, at least.

This four-walled magic portal is actually home to a 3D-projected journey of Vancouver, combining National Film Board Digital Studio and artist Stan Douglas' Circa 1948 app with a Microsoft Kinect camera to let people wander freely around recreations of historic locales of the era.

National Film Board digital platform producer Dana Dansereau sits inside the Circa 1948 exhibit at SFU Woodward's, which uses emerging VR technologies to let people wander around a time when the city was shifting from a frontier town to what it is now. JENNIFER GAUTHIER/METRO

It's one of several virtual reality experiences that make up SFU Woodward's Hidden Pasts, Digital Futures, a free immersive arts festival that opens Saturday and runs through Oct. 17.

"It's an interesting blending of different technologies, with the heart of it still being storytelling and a celebration of the history of mankind," said SFU Woodward's Cultural Programs director Michael Boucher. "This is storytelling that recaptures the past and brings it into the future."

While the Circa 1948 exhibit uses external cameras to track people's movement and let them walk around a virtual space, Boucher said there are also other exhibits that make use of various virtual reality headsets, so the entire festival is a great showcase for emerging VR technologies.

> **"It's an interesting blending of different technologies, with the heart of it still being storytelling and a celebration of the history of mankind.**
>
> Michael Boucher, cultural programs director of SFU Woodward's

The result can be "overwhelming," he says.

"The technology will probably be at a point where it will be seamless (in the near future) but now it's near that point," said Boucher. "So it's really exciting. People see the potential of it. Bigger questions are being asked. Is this the future of cinema? Is this a possible usage for art galleries? How will they embrace this technology?"

For National Film Board's digital platform producer Dana Dansereau, the technology allows for people to fully immerse themselves with an often overlooked chapter of Vancouver's history, a time when it was "shifting from being a frontier town to what it is now", in a way a traditional documentary can't.

"Vancouverites, in particular, see glimpses of [modern day] Strathcona. You can go up the stairs, turn around and see the Vancouver skyline. It was this interesting British colony still, that air of Vancouver has largely changed," said Dansereau. "Every city went through that shift, they kind of rose out of their small existences. (Circa 1948) allows people to experience that moment."

Admission to all the virtual guided tours are free, but people are urged to book in advance.

For more information visit sfuwoodwards.ca

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Local man's donation largest in B.C. history

THANDI FLETCHER
thandi.fletcher@metronews.ca

North Vancouver businessman Paul Myers, who started his career as a plumber's apprentice, has donated $25 million toward re-developing Lions Gate Hospital.

Myers' contribution is the single largest donation made to a hospital foundation by an individual in B.C.'s history.

"I've been very, very lucky," Myers, 82, told Metro in an interview following the announcement Thursday. "It's my hometown. I just wanted to give back."

Myers, who has lived on the North Shore since he was a child, started working at Keith Plumbing and Heating 62 years ago as an apprentice. Ten years later, after briefly leaving the company, he was given the opportunity to come back as a manager. He said he later bought the company and never looked back.

Today, the company has offices that span across B.C. to the Yukon. Myers still runs the company, and has also purchased sister company Keith Panel Systems.

He said he came to know Lions Gate Hospital both as a patient and through his work. His business serves as a mechanical contractor for public and private projects, he said.

When told about the significance of his donation, a humble Myers was quick to downplay his contribution and attribute his success to his employees.

"I've had tremendous people around me," he said. "I realized at an early age that I'm no rocket scientist, so if you get the best people around you, I've been very lucky that way. We just kept growing and growing and growing."

As Lions Gate Hospital is still in the process of discussing and planning the hospital's re-development, the administration will first rename the hospital's South Acute Tower as Paul Myers Tower in his honour.

Signs will also be installed on the west side of the tower by the end of the year and a biography plaque will go up at the tower's 13th street entrance.

Paul Myers, who started his career as a plumber's apprentice, has donated $25 million to the Lions Gate Hospital Foundation. JENNIFER GAUTHIER/METRO

> **It's my hometown. I just wanted to give back.**
> Paul Myers

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ANIMAL ABUSE

Dog found left for dead near Kitimat

Mounties in northern B.C. are asking the public for help finding the person who put a small dog in a box and left it to die in the woods.

Cpl. Dave Tyreman said the sick and severely dehydrated dog was found Sunday by a passerby near Copper River, outside Kitimat.

The black and white male dog, which resembles a Maltese or Shih Tzu, had been placed in a diaper box and police estimate he was there for at least two days.

An RCMP officer took the animal to Kitimat Veterinary Hospital where veterinarian Howard Thwaites looked after the animal.

He said the dog was in very poor condition with an eye infection and several other medical problems.

"He could barely lift his head," said Thwaites. "He was very dehydrated, covered in urine, and there was fecal material in the box."

He said the dog also had a large tumour in his throat, which he believes was likely the underlying condition that caused his owner to abandon him.

Thwaites said the decision was made to euthanize the dog.

Mounties are asking anyone who may be able to identify the dog or lead police to the person who abandoned it to contact them.

THANDI FLETCHER/METRO
- WITH FILES FROM THE CANADIAN PRESS

Terrace RCMP is investigating after a person put a small dog in a box and left it to die in the woods. PETSEARCHERSCANADA.COM

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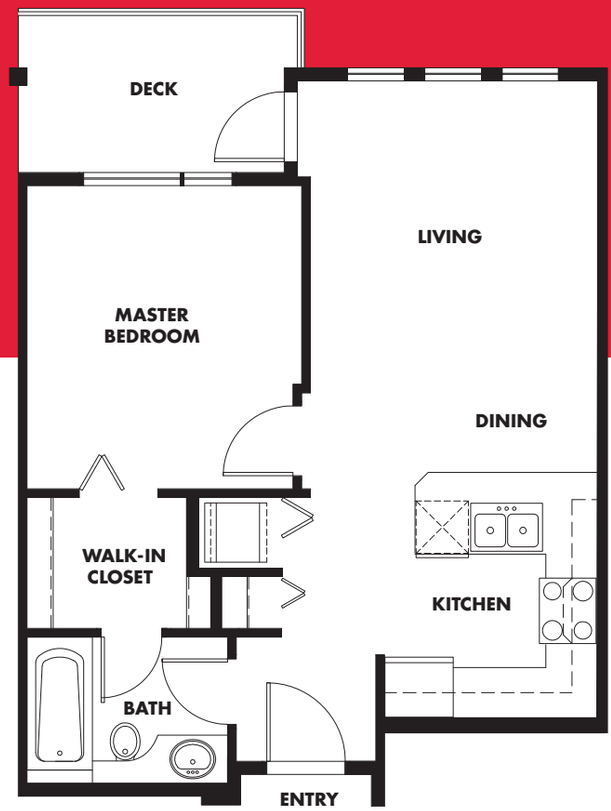

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AIDS walk enters 30th year

HEALTH

Positive Living Society hosts annual event on Sunday

Emily Jackson
Metro | Vancouver

Thirty years ago when Vancouverites started a walk to raise awareness for HIV/AIDS, the diagnosis was a death sentence.

But when about 1,500 participants and 200 volunteers gather for the 30th annual Scotiabank AIDS Walk for Life on Sunday, they'll be walking instead to raise awareness and advocate for people living with HIV with the help of new medications.

"Things have changed so much," said Valerie Nicholson, chair of the Positive Living Society of B.C., reflecting on the past three decades since Vancouver was one of the first cities in Canada to host a walk to fight the disease.

About 11,700 people in B.C. were living with HIV as of 2011, according to the B.C. Centre for Disease Control.

"A lot of people think AIDS is over, HIV is over, and it's not," she said. "We need to make people aware that living with HIV can be a struggle every day."

The walk raises money to get people into exercise programs or pay for supplements that help them deal with treatment-related side effects. Last year it raised over $187,000 and this year it hopes to raise $200,000.

Nicholson knows first hand the challenges of living with HIV. She remembers the fear when she was diagnosed 11 years ago.

But now it brings her to tears to see her grandchildren do the walk beside her every year.

A snapshot of the turnout for the AIDS Walk for Life in 1993.
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BYLAWS

Board dismisses pot complaints

Vancouver's police board has unanimously rejected a prominent advocate's complaint that the city's police department was failing to enforce the law against marijuana dispensaries.

Pamela McColl of the group Smart Approaches to Marijuana Canada had accused the department of not doing its duty "to maintain law and order" by not shutting down all pot shops in the city.

But deputy chief Doug LePard delivered a report to the board Thursday that stated criminal laws are less effective than municipal bylaws at closing illegal businesses.

> **We have to consider the circumstances we operate in.**
> Dep. Chief Doug LePard

The VPD must respect the City of Vancouver's decision not to use its bylaw powers to shut down dispensaries and instead create a regulatory framework, he said.

"We don't operate in a vacuum. We have to consider the circumstances that we operate in," LePard told the board.

"We have the greatest of respect for policy decisions that the democratically elected council has decided on, and we will work in that environment."

The police board, chaired by Mayor Gregor Robertson, voted unanimously to dismiss McColl's complaint after less than 10 minutes of discussion.

The city recently became the first in Canada to regulate its 100 marijuana dispensaries, requiring owners to undergo criminal record checks and pay a $30,000 licence fee.

LePard said police held discussions with the city about how to deal with the proliferation of dispensaries in 2013, when there were 27 pot shops.

The city decided not to use its bylaws to shut down the stores — most of which were operating without a business licence — and instead work on setting up a regulatory framework, he said.

LePard said the VPD must use its limited resources to deal with more serious drug offences and dispensaries that are suspected of selling to youth or involved with organized crime.

Police have executed 11 search warrants at pot shops and recommended multiple charges since 2013.

Selling marijuana over the counter is illegal in Canada, and last week Health Canada sent cease-and-desist letters to 13 pot stores warning of RCMP raids if they don't close. THE CANADIAN PRESS

IN BRIEF

Fourteen charges laid in August pellet gun attack

Fourteen criminal charges have been approved against a 21-year-old who allegedly went on a pellet gun shooting spree in Abbotsford in August, police said. Authorities announced Thursday that Harpreet Singh Vaid is facing seven charges of discharge of an air gun with intent to injure and seven counts of assault. At least nine people were injured, police said. MATT KIELTYKA/METRO

Vernon mayor pledges to continue duties during trial

The mayor of Vernon says he is not trying to avoid paying taxes. Akbal Mund is charged with two counts of failure to comply with the Income Tax Act. A lawyer appeared on his behalf when the matter went before a Vernon judge on Thursday. The case returns to court Nov. 19. Mund said he will continue with his mayoral duties while the case is before the court. THE CANADIAN PRESS

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PM210	2015 MINI Cooper 3-Door	White Silver	3,019	$29,280	**$28,380**
PM253	2015 MINI Cooper 3-Door	Midnight Black	3,026	$29,380	**$28,380**
PM083	2014 MINI Cooper S 3-Door	White Silver	3,015	$35,875	**$31,888**
PM235	2015 MINI Cooper S 5-Door	Midnight Black	8,026	$33,829	**$32,030**
PM234	2015 MINI Cooper S 5-Door	Midnight black	3,016	$33,580	**$32,680**
QM121	2015 MINI Cooper Convertible	Pepper White	3,019	$34,240	**$32,740**
PM189	2015 MINI Cooper Convertible	White Silver	3,010	$34,680	**$33,180**
PM171	2015 MINI Cooper Convertible	Pepper White	6,262	$35,569	**$33,970**
QM118	2015 MINI Cooper Convertible	White Silver	5,800	$38,180	**$36,180**
QM192	2015 MINI Cooper Convertible	Lightning Blue	3,021	$37,980	**$36,480**
QM193	2015 MINI Cooper Convertible	Chili Red	3,020	$39,520	**$38,020**
PM162	2015 MINI Cooper S Roadster	Pepper White	8,753	$38,149	**$35,150**
PM345	2015 MINI Cooper S Roadster	Midnight Black	4,200	$41,690	**$39,990**
PM293	2015 MINI Countryman S ALL4	Light White	6,960	$37,950	**$36,250**
PM249	2015 MINI Countryman S ALL4	Midnight Grey	7,601	$39,039	**$37,040**
PM290	2015 MINI Countryman S ALL4	Midnight Grey	3,765	$39,839	**$37,500**
PM291	2015 MINI Countryman S ALL4	Midnight Grey	5,550	$39,749	**$38,249**
QM008	2015 MINI Countryman S ALL4	Light White	5,500	$42,250	**$39,798**

STOCK #	MINI NEXT PRE-OWNED	COLOUR	MILEAGE (KM)†	PRICE*	SALE PRICE*
QMU062	2011 MINI Cooper	Pepper White	41,906	$18,588	**$17,888**
QMU003	2012 MINI Cooper Knightsbridge	Pepper White	60,405	$19,988	**$17,898**
PM333A	2013 MINI Cooper Knightsbridge	Pepper White	41,704	$21,085	**$20,285**
QMU033	2014 MINI Cooper S	Volcanic Orange	19,238	$31,188	**$29,480**
QMU030	2014 MINI Cooper S	Midnight Black	12,622	$31,490	**$29,888**
QMU038	2014 MINI Cooper S	Thunder Grey	28,189	$35,688	**$32,600**
QMU060	2012 MINI Cooper Coupe	Eclipse Grey	14,251	$22,685	**$21,888**
QMU056	2014 MINI Cooper Coupe JCW	Pepper White	7,454	$43,000	**$36,381**
QMU034	2014 MINI Cooper S Roadster	Lightning Blue	4,367	$34,105	**$32,536**
QMU044	2014 MINI Countryman	Light White	13,332	$30,688	**$29,788**

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Harper and Mulcair score

LEADERS' DEBATE

Trudeau fails to deliver during feisty ideas exchange

Steve Rennie
Metro | Ottawa

This was the debate performance Stephen Harper probably wanted to have. This was the debate performance Tom Mulcair probably needed to have. This was the debate performance Justin Trudeau probably wants to have back.

The Globe and Mail leaders' debate might have been the ultimate test of who could talk over each other the loudest. Moderator David Walmsley, the newspaper's editor-in-chief, had about as much authority over the leaders as the referee in a professional wrestling match. He lost control early on and never got it back. All the cross talk made it difficult to hear the leaders at times. It was a far cry from the relative civility of the earlier Maclean's debate.

Here's my scorecard on the leaders' debate performances:

NDP Leader Tom Mulcair, Liberal Leader Justin Trudeau and Conservative Leader Stephen Harper are seen at various points during Thursday's Globe and Mail leaders' debate in this photo illustration. SEAN KILPATRICK/THE CANADIAN PRESS

Stephen Harper

The challenge

The Conservative leader went into this debate buoyed by Finance Department numbers showing the government had a $1.9-billion surplus for 2014-15 instead of a predicted shortfall. It put an end to a streak of six straight years of gradually shrinking deficits under the Harper government. The surprise surplus also let Harper change the channel on some of the other issues — most recently, the government's response to the Syrian refugee crisis and news coming out of the Mike Duffy trial — that have derailed the Conservative campaign. Harper's biggest challenge was convincing Canadians that the Conservatives are still the best party to trust to manage the economy.

The performance

Harper was clearly in his element talking about the economy. He went on the attack early, claiming the NDP's plan to hike corporate taxes would put countless people out of work. He was equally aggressive going after Trudeau over his comment that wealthy Canadians use the small business tax rate to avoid taxes. He knew when to let Trudeau and Mulcair tear into each other, and came out of this debate looking no better or worse than he did going in, which — after a campaign that hasn't gone as well as the Conservatives had hoped — can be considered a win.

Tom Mulcair

The challenge

One of the big challenges in this debate was to ease any lingering doubts about an NDP government's ability to be prudent fiscal managers (especially in Ontario. Mulcair's New Democrats have promised to balance the books in 2016-17 – but there are still lingering questions about how they would pay for all their campaign promises.

The performance

Mulcair looked much more relaxed than he did in the first leaders' debate, even cracking jokes at times. Like Harper, he knew when to attack and when to sit back and let Harper and Trudeau duke it out. He was able to fend off the Harper's attacks on the NDP's plan to raise corporate taxes to pay for a suite of new spending programs. This was the performance he needed to give to appeal to undecided voters.

Justin Trudeau

The challenge

Trudeau is the only party leader promising to run deficits of up to $10 billion for the next three years to stimulate the economy with massive spending on infrastructure. It's a risky gambit, one the Liberals hope will entice voters who see the value in spending big if it means easing traffic congestion or upgrading sewer systems. The Liberal leader also had to contend with charges from his rivals that he's not ready to be prime minister, and so this debate was a chance for him to show Canadians that he has the economic bona fides for 24 Sussex.

The performance

The style that helped Trudeau in the last debate didn't work as well in this format. His interruptions were grating in a debate that was already putting the audience's patience to the test, he spoke a mile a minute and many of his lines seemed too rehearsed. He was certainly the most animated of the leaders. But he also didn't do any grievous harm to himself, and he managed to get in a few good shots at Harper and Mulcair, so it wasn't all bad.

> **"I've never said things were great in the Canadian economy.**
> Stephen Harper

> **"Mr. Harper sees the environment and the economy as polar opposites.**
> Thomas Mulcair

> **"This is the time to invest in the future of our country. Canadians know this.**
> Justin Trudeau

Stephen Harper: B

Tom Mulcair: B

Justin Trudeau: C+

READY TO ENGAGE

Starting Monday and running through election day: A daily package of election coverage focusing on the issues that matter to the modern urban voter.

TWITTER

#GlibAndMale: May crashes the #elxn42 debate

Colin McNeil
Metro | Toronto

Elizabeth May: B-

Elizabeth May doesn't take 'no' for answer.

The Green party leader teamed up with Twitter to force her way into a debate she wasn't invited to yesterday.

Responding in real time, Liz was sharp in her tweeted video responses to questions on the economy. Her first response came eight minutes into the program, pumping out 25 short videos during the two-hour broadcast.

The Saanich-Gulf Islands MP directly attacked two of the Big Three leaders, criticizing the Prime Minister on his "rip and strip" resource management and Mulcair on his cap and trade carbon tax policies.

Tweets supporting May's guerilla-style debating flooded in by the hundreds during the forum, with the search term "Elizabeth May" neck and neck with the official #GlobeDebate hashtag in terms of activity.

The most shared tweets on that official hashtag were all Elizabeth May videos as of half-time. May's own parody, #GlibAndMale, started trending just a few minutes in.

Her most popular response was a video about the urgency of climate change, which had 150 retweets.

But using Twitter as your mouthpiece has its downfalls. May's videos and info-graphics couldn't get out fast enough to keep up with the live stream, and she sometimes veered off topic.

Elizabeth May records a video to be uploaded to Twitter during the leaders' debate. CHAD HIPOLITO/THE CANADIAN PRESS

WHERE THE LEADERS ARE ON FRIDAY

- **Stephen Harper** will be in Calgary and Toronto
- **Justin Trudeau** will be in Montreal
- **Tom Mulcair** will be in Regina
- **Elizabeth May** will be in Brentwood Bay, B.C.

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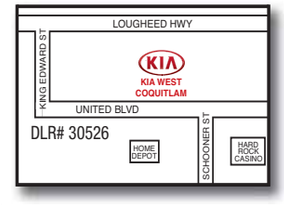

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Croatia reels over influx of refugees

MIGRANT CRISIS

Dozens hurt as 8,900 asylum seekers run to buses, trains

Croatia staggered Thursday as thousands of asylum seekers poured in from Serbia. Dozens were injured or trampled in a mad rush to get on the few buses and trains authorities could provide, and some police even stood behind trees to protect themselves from the melee.

The Balkan nation has suddenly become the latest hotspot in the 1,000-mile plus exodus toward Western Europe after Hungary sealed off its border Tuesday with a razor-wire fence and then used tear gas, batons and water cannons to keep the migrants out.

Croatia represents a longer and more arduous route into Europe but those fleeing violence in their homelands had little choice. Police said over 8,900 people had entered in the last two days.

After bus trips through Serbia, many migrants crossed fields on foot to enter Croatia, where dozens of police directed them to trains and buses heading to refugee centres. Authorities warned them to avoid walking in areas along the Serbian border that were still being demined from the country's 1991-95 war.

Early on things were calm, but they soon got out of control.

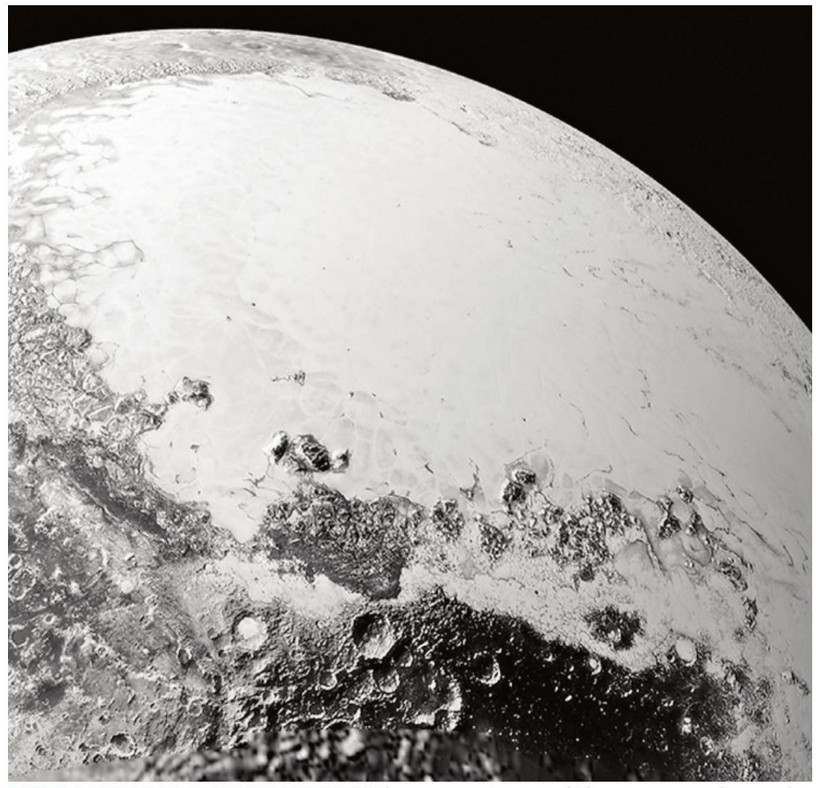
Hundreds of angry asylum seekers pushed through police lines in the eastern Croatian town of Tovarnik after waiting for hours in the hot sun, demanding to be allowed to move on toward Western Europe. An Associated Press photographer saw one man collapse on the ground and dozens injured.

More than 2,000 men, women and children had been stuck at the local train station for hours. When buses finally arrived, groups charged toward them, overwhelming Croatian police. The situation calmed down but some migrants moved off on foot, with police unable to stop them.

> **I believe we have a moral duty (to) offer them protection.**
>
> Dimitris Avramopoulos, European Union's migration commissioner

Hundreds of other asylum seekers came over a Danube River bridge to the northern Croatian town of Batina after being bused there by Serbs, overwhelming the local police.

The migrants are unlikely to stay long in Croatia, where they must be registered. They can ask for asylum in Croatia, but almost all plan to travel on, passing through Slovenia and then Austria en route to Germany or the Scandinavian countries. THE ASSOCIATED PRESS



PLUTO CAN YOU HEAR ME, MAJOR TOM? The newest pictures of Pluto are so up-close and personal that the mission's top scientist says it "makes you feel you are there." Principal scientist Alan Stern says the pictures shed new light on Pluto's mountains, glaciers and plains.
THE ASSOCIATED PRESS/ NASA/JOHNS HOPKINS UNIVERSITY APPLIED PHYSICS LABORATORY/SOUTHWEST RESEARCH INSTITUTE

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IN BRIEF

Doritos rolls out chips inspired by Pride flag

Doritos unveiled bags of rainbow-colored corn chips on Thursday in support of the It Gets Better Project, an organization started to encourage gay and lesbian teenagers who've been bullied.

Bags of Doritos Rainbows, inspired by the LGBT Pride flag, will be mailed to people who donate at least $10 US to the organization through a special website.

Frito-Lay said all of the donations will go to the It Gets Better Project.

THE ASSOCIATED PRESS

market minute

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OIL $46.90 US (-25¢)

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NATURAL GAS: $2.652 US (-0.8¢)
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Emergency fund vital, credit counsellor says

PERSONAL FINANCE

Many don't have enough for unexpected expenses

Credit counsellor Pamela George has seen clients get into trouble for want of $500 and been forced to resort to a payday loan to treat a sick pet.

Without even a small emergency fund, George says, an unexpected expense can spur "a dangerous downward spiral."

That's why George, with the Credit Counselling Society, says everyone needs an emergency fund for when they hit one of life's speed bumps like the loss of a job, urgent home repairs or other unanticipated expenses.

How much you need depends on your personal situation, but she recommends the equivalent of three to six months of your net income.

For someone earning about $50,000 a year, that means putting aside between $10,000 and $20,000.

"Start small," she said, recommending an initial target of $1,000. "Put aside $50 per paycheque, eventually that adds up to $1,000. When you've met the $1,000, say: 'Now I'm going to aim for $2,000.'"

Selling things you don't need online or getting a second job may also be options to jumpstart an emergency fund.

A recent survey done for the Bank of Montreal suggested 24 per cent of Canadians have little, if anything, put aside in an emergency fund and roughly 56 per cent have less than $10,000 saved for unexpected expenses.

Medical expenses, job loss, major car repairs and unexpected home repairs were cited as the top emergency concerns by those surveyed.

THE CANADIAN PRESS

Credit expert Pamela George recommends saving three to six months of net income for unforeseen bills. THE CANADIAN PRESS FILE

MOBILE DEVICES

Amazon unveils $50 tablet

Amazon is dangling a $50 US tablet computer in its latest attempt to lure consumers who can't afford or don't want the more expensive Internet-connected devices made by Apple and other rivals.

The seven-inch Fire tablet unveiled Thursday marks Amazon's most aggressive attempt yet to undercut Apple, which has been the market leader since its first iPad went on sale five years ago.

But the Seattle company is counting on the new tablet's low price to encourage more people to buy a device that will hook them on watching video, reading books, playing games and shopping on a computer that's easy to carry wherever they go.

In the process, Amazon is hoping consumers will buy more digital goods and merchandise from its store while also subscribing to its $100-per-year Prime service that offers a mix of videos, music and free shipping.

THE ASSOCIATED PRESS

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Project EveryBody 2015 Employment Forum and Hiring Fair for Persons with DisAbilities
Roundhouse Community Arts and Recreation Centre
181 Roundhouse Mews - Vancouver, BC

September 22, from 2pm to 4:30pm
Assistive Technology BC (ATBC) and Opportunities Fund (BC Centre for Ability)
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YWCA Westside WorkBC Employment Services Centre
300-2150 West Broadway - Vancouver, BC - Tel. 604.688.4666

September 24, from 10am to 2pm
LUSH Cosmetics Job Fair
Vancouver Midtown Employment Services Centre
110 East 3rd Ave - Vancouver, BC - Tel. 604.829.2300

September 25, from 10am to noon
IT Employer Presentation: Electronic Arts – Burnaby / Focus Professional Services
YWCA Career Zone
1256 Granville Street (2nd floor) - Vancouver, BC - Tel. 604.605.4666

September 29, from 1pm to 2:30pm
Presentations from North Shore Disability Resource Center, North Shore Women's Center, North Shore Connexions, and Canadian Mental Health Association
YWCA North Vancouver WorkBC Employment Services Centre
106-980 West 1st Street, North Vancouver BC - Tel. 604-988-3766

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"You've been stuck in a motorcade": At Thursday's debate Trudeau mocked the PM as out of touch on transit, leading some to point out how he travelled as a toddler.

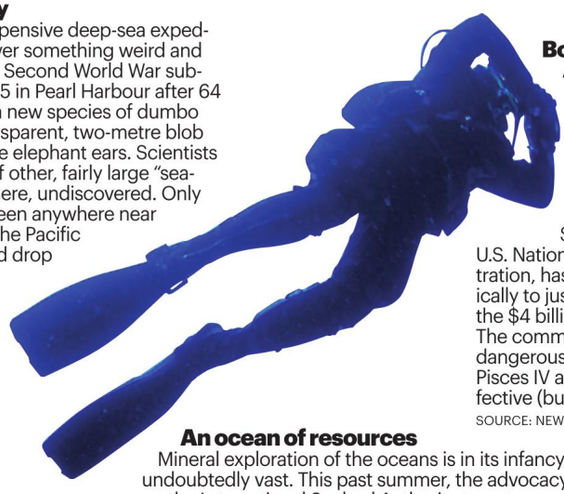
COOL SCIENCE

THE BIG THING: IS DEEP SEA THE NEXT FRONTIER?

The sea was supposed to be humanity's next great adventure. We have explored less than five per cent of the world's oceans, which contain an estimated three-quarters of a million species as yet unknown to science. Not to mention the wealth of mineral and energy resources bound to be fought over in the coming years. But interest and money for deep-sea research has dried up. Plans are in the works to send people to Mars, but we still know very little about the depths of our own planet.

Hostile territory

Every dangerous, expensive deep-sea expedition seems to uncover something weird and wonderful — like the Second World War submarine found in 2005 in Pearl Harbour after 64 years lost at sea, or a new species of dumbo octopus, a semi-transparent, two-metre blob with fins that look like elephant ears. Scientists see a solid chance of other, fairly large "sea-monsters" still out there, undiscovered. Only three people have been anywhere near the deepest part of the Pacific Ocean — a dark, cold drop of close to 11 kilometres. If not for specially designed pods they used, the pressure would have crushed them in an instant.



Bottomed out

A few years ago, science seemed on the cusp of a privately funded deep-sea exploration boom. There was James Cameron's $10-million adventure in the Western Pacific in 2012, Virgin Airlines founder Richard Branson's $17-million Virgin Oceanic submarine in 2009, and Google chairman Eric Schmidt's $40-million Deep Ocean project. The U.S. National Oceanic and Atmospheric Administration, has slashed its exploration budget dramatically to just $26 million per year (Compare that to the $4 billion NASA gets to explore space). Why? The common argument is that sea exploration is dangerous, and submarines like the Canadian-built Pisces IV are aging and being replaced by less effective (but safer), unmanned robots.

SOURCE: NEW YORK TIMES

An ocean of resources

Mineral exploration of the oceans is in its infancy, but the resources — and wealth — are undoubtedly vast. This past summer, the advocacy group MiningWatch Canada called on the International Seabed Authority to put a moratorium on exploration licences for deep-sea mining — it has already given out 27 to companies around the world.

You have something to add to Canadian science

THE SCIENCE

Stephanie Orford

This week in Calgary, a science festival called Beakerhead is smashing any preconceptions you ever had about science being boring, for nerds or for boys.

For the third year in a row, this melting pot of more than 60 events across the city shows you can find science anywhere.

The more science you understand, the better equipped you will be to make decisions for yourself, the people you care about and your country.

One event, Late Night Labs, brings visitors into five different research labs where they make something together, such as ice cream or a silver-plated bracelet charm. Are you on a date or is it science? Both!

Another workshop, An Introduction to your Nose, helps people sniff out the science behind skin-care products and how they interact with your body.

Welcome to Canada's new science culture. It's everywhere and you're part of it.

Last year a report on science culture published by the Council of Canadian Academies found that, although overall Canada's science culture is strong relative to other countries, 72 per cent of Canadians couldn't define what a molecule was, and 49 per cent couldn't describe DNA.

Canada has gained a reputation as the country that "muzzles" publicly funded scientists, preventing them from sharing their findings and voicing their opinions freely to media.

Our country has received several international mock "awards" that call out governments for failing to act on climate change and loss of biodiversity.

You have a lot to add to this conversation.

You don't necessarily need to become an activist. But indulge your curiosity. Wonder, discover, keep asking questions. What sparks your imagination? What makes you laugh? What are you passionate about? Whatever it is, there's science in it.

The more science you understand, the better equipped you will be to make decisions for yourself, the people you care about and your country.

"No government, no corporation, no one person can write a plan for how to create a science culture because it isn't a strategy. It's a way of living and breathing and interacting. It's culture," says Mary Anne Moser, CEO and co-founder of Beakerhead.

Science museums, movies, podcasts, festivals and every other creative form of science exploration spark that Zen moment of science. Engage in science, and you'll find yours.

It's the epiphany where you see the seemingly small, seemingly meaningless thing you're doing is deeply connected with the workings of a wider world, and all its intricacies and mysteries.

It's the moment when you realize just how damn cool this is.

Stephanie Orford is a Vancouver-based writer. This is the final edition of The Science.

Planning to vote? No? What's your excuse? Visit metronews.ca to answer our poll.

metroview

I'm Chinese-Canadian, but I'm not a tiger parent. Here's why.

Catherine Little
For Metro

Would you be more impressed if your child was a gymnast or a juggler? A chess champion or a Pokémon master? A good pianist or a great gamer?

I've written before that I don't limit my 13-year-old's gaming. With fall activities about to begin, I've been thinking about the hierarchy of options and what they say about my parenting.

I consider myself a supportive mom. I try to understand what my son likes. I try not to judge what he wants to do with his spare time. I don't force him to take lessons he is not interested in.

In his case, this meant quitting choir, continuing swimming and never even starting piano. Chess and Pokémon coexisted for awhile, and his house-league baseball career began this year.

Having immigrated to Canada in the early 1970s, my parents couldn't afford extra-curricular activities for me. They were strict, but I always knew I would have whatever I needed to do well in school.

When Amy Chua's book Battle Hymn of the Tiger Mom came out in 2011 — it was all about pushing her daughters to extreme levels of achievement, without much regard for the kids' wishes — I worried I wasn't pushing my son enough. If all of the other Chinese moms were parenting this way, was I being negligent? How was he going to compete with children whose screen time was limited? Why was he wasting time at sleepovers? Should I be less supportive, more authoritative?

Well, turns out there was an actual study that looked into tiger parenting. It found that children who had extremely strict, pushy parents were less well-adjusted,more alienated from their parents and felt less family obligation. The kicker: Children of tiger parents didn't even have the highest GPAs.

The researchers, writing in the Asian American Journal of Psychology in 2013, advise parents to be warm, not cold. Explain instead of yelling. Allow appropriate independence. Don't expect unquestioned obedience. And don't shame your children by comparing them to others. That's how I like to be treated.

Would I have liked my son to be a gymnast or pianist? Sure. It might have been nicer than spending my afternoons in trading card shops. Was I disappointed he wanted to stop choir? Maybe a little, but it was time. The commitment was growing. Singing had become a chore. Now, he's regaining his enjoyment. Recently he has started breaking into spontaneous song again.

Activities seem like a reasonable place for appropriate independence. My son is a great juggler, competent at chess and a soon-to-be expert gamer. We have both competed in Pokémon card tournaments. He still tells people about the time his mom beat a top-ranked player. But that's another story.

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Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). ΩLease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. *Model shown Manufacturer Suggested Retail Price for 2015 Soul SX Luxury (S0758F)/2015 Optima SX Turbo AT (OP748F)/2016 Sorento SX Turbo AWD (SR75IG) is $27,295/$34,895/$42,095. The Kia Soul received the lowest number of problems per 100 vehicles among compact multi-purpose vehicles in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The Kia Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The 2015 Rio/2015 Forte/2015 Rondo were awarded with the Clef d'or "Best in Class" by L'Annuel de l'automobile 2015. Visit www.annuelauto.com for all the details. The 2016 Sorento/2015 Optima/2015 Sedona/2015 Soul were awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2016/2015/2015/2015. U.S. models tested. Visit www.iihs.org for full details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). 2015 Kia Soul awarded ALG Residual Value Award for highest resale value in its class. Based on ALG's residual value forecast for the 2015 model year. ALG is the industry benchmark for residual values and depreciation data, www.alg.com. The all-new 2016 Kia Sorento was awarded the 'iF Design Award' for its outstanding design. The 'iF Design Award' is one of the world's most important prizes for excellence in design, www.ifdesign.de. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

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Going from Grey to black

Dakota Johnson plays Lindsey Cyr, the girlfriend of real-life gangster James 'Whitey' Bulger, played by Johnny Depp, in the drama Black Mass. CONTRIBUTED

CRIME DRAMA

Fifty Shades of Grey lead stars in mob movie Black Mass

Richard Crouse
For Metro Canada

In Black Mass Dakota Johnson has a high profile role as the steely-but-sweet girlfriend to notorious gangster James "Whitey" Bulger but for much of her life she was simply known as a child of Hollywood, the daughter of Melanie Griffith and Don Johnson.

Despite an acting career that stretches back to 1999 the 25-year-old became a sensation just last year when she landed the lead role in one of the most anticipated films of the decade.

She beat out half of young Hollywood to play Anastasia Steele in the fastest selling R-rated title ever, Fifty Shades of Grey. She bared all, physically and emotionally and became famous enough to have designers create clothes for her and an avalanche of interesting scripts tumble her way.

She'll soon be seen in a Fifty Shades sequel and a remake of the legendary Italian horror film Suspiria.

This week she stars opposite her 21 Jump Street co-star Johnny Depp — they appeared in the 2012 film — as Lindsey Cyr, mother of Bulger's son and the only person in South Boston who would stand up to the infamous killer.

Cyr is still alive but Johnson didn't think it was a good idea to meet with her.

"I feel like it would have been if my goal had been to be extremely accurate but my goal was to bring out a different side of Jimmy. We talked about meeting her but we decided that it would have added a bunch of components. You wouldn't see them. You wouldn't see the stories she was telling because it wasn't part of our story."

Instead she studied footage of the former diner waitress and lawyer's assistant.

"I did as much research as was available to me," she says, "but the majority of the footage I found on her was pretty recent and it was her looking back on her time with Jimmy Bulger.

"Obviously the time that we see them together (in the film) is when she is quite young. A lot of that came from working it out with (director) Scott Cooper and Johnny."

In her most intense scene she stares down and out-manoeuvres the controlling gangster after personal tragedy strikes the couple.

"There was a very heavy atmosphere on set but because Johnny was really not himself, he was a completely different person and because I'm not a mother and have never experienced anything as profoundly devastating as losing a child, I think we both completely slipped away from ourselves. That allowed us to create the scene the way it was."

ON ACTING

Edgerton portrays former FBI agent as a 'bad dude'

Joel Edgerton didn't meet the inspiration for his character in Black Mass, former FBI agent John Connolly. "He's alive and with us, albeit in federal prison and a little hard to reach," said the Australian actor. The real-life Connolly was convicted of racketeering and obstruction of justice charges stemming from his relationship with gangster James "Whitey" Bulger.

"His version of events doesn't line up with our version.... I felt like it was a little unfair to go and visit him in federal prison and say, 'You stay in here while I'm over here making you look like a bad dude.' It felt like it wasn't a very genuine thing to do." RICHARD CROUSE

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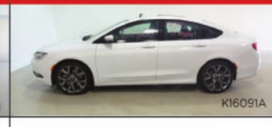
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The 2014 Forte is a beautiful car with a powerful and fuel-efficient engine, good ride and handling balance, sleek interior, power sunroof, impressive value, Less than 23000kms, 173hp and 154ft-lb of torque!
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FB1512A
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14432
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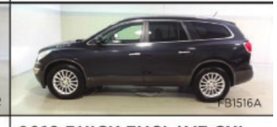
FB1516A
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K15249B
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K15179A
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5428A
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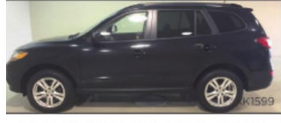
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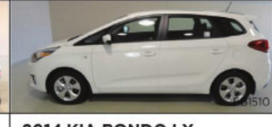
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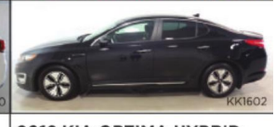
KK1602
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MOVIES MUSIC TELEVISION STYLE

Johnny Depp in Black Mass as psychopathic gangster Jimmy 'Whitey' Bulger, a role that has the Pirates of the Caribbean star being taken seriously again as an actor. CONTRIBUTED

Dealt a good hand as a bad guy

JOHNNY DEPP

Goodbye Jack Sparrow, hello Oscar-worthy crime boss

Richard Crouse
For Metro Canada

Black Mass sees Johnny Depp playing Jimmy 'Whitey' Bulger, a crime lord-turned-FBI-informant who ruled South Boston and was also the inspiration for Jack Nicholson's character in The Departed.

Bulger was a community-minded cold-blooded killer. He loved his neighbourhood, kids, cats and choking people to death with his bare hands.

Depp says "a responsibility to history and truth to some degree" was very important to him going into the project.

"When you're playing someone who exists or existed," he says, "there's a tremendous kind of amount of responsibility, at least for me, no matter whether they're deemed good or bad or whatever. You have a responsibility to that person."

The 52-year-old actor's performance is already earning early Oscar buzz for the chilling authenticity he brings to a man described in the film as "ripened psychopath."

Director Scott Cooper says, "I don't think people come to narrative features for the facts, or for truth. I think you go to documentaries for that. What you do come to narrative features for is psychological truth, emotion and deep humanity. I did not want to make a film strictly about criminals who happened to be humans. I wanted to make a film about humans who happened to be criminals."

Like many underworld figures, Bulger created his own mythology based on his exploits, making it difficult for co-screenwriter Mark Mallouk and Cooper to discern what was true and what wasn't.

"Jimmy Bulger had his version of the truth which was different from (accomplice) Stephen Flemmi's," said the director, "that was different from (henchman) Kevin Weeks and (hitman) John Martorano. I had to determine what was the story I was going to tell … and tell it as accurately as I could from a very emotional place."

It's a hard-edged tale to be sure, fuelled by Bulger's violent and grim behaviour, but Depp found it best not to judge the character.

"I don't think any of us wake up in the morning and say, 'I'm so evil. I'm so horrible,'" Depp said. "I approached James Bulger as a human being, who's multi-faceted and did have a side to him that was human and loving."

Depp's performance and the work of his co-stars Dakota Johnson and Joel Edgerton among others, ensure that Black Mass is a complex study of human behaviour, but hopefully, according to Mallouk, not a glamorous one.

"None of us wanted anyone walking out of the theatre to go, 'I want to be Whitey Bulger,'" said Mallouk. "You feel that way after Scarface or Goodfellas or after The Godfather, and I love those movies, but there is a responsibility to not do that here. It feels more like Donnie Brasco. We did not want to create more fuel for the Whitey Bulger myth."

MOVIE RATINGS by Richard Crouse

Black Mass	★★★★
Everest	★★★

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★★★ WORTHWHILE
★★ UP TO YOU
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Going from Grey to black

Dakota Johnson plays Lindsey Cyr, the girlfriend of real-life gangster James 'Whitey' Bulger, played by Johnny Depp, in the drama Black Mass. CONTRIBUTED

CRIME DRAMA

Fifty Shades of Grey lead stars in mob movie Black Mass

Richard Crouse
For Metro Canada

In Black Mass Dakota Johnson has a high profile role as the steely-but-sweet girlfriend to notorious gangster James "Whitey" Bulger but for much of her life she was simply known as a child of Hollywood, the daughter of Melanie Griffith and Don Johnson.

Despite an acting career that stretches back to 1999 the 25-year-old became a sensation just last year when she landed the lead role in one of the most anticipated films of the decade.

She beat out half of young Hollywood to play Anastasia Steele in the fastest selling R-rated title ever, Fifty Shades of Grey. She bared all, physically and emotionally and became famous enough to have designers create clothes for her and an avalanche of interesting scripts tumble her way.

She'll soon be seen in a Fifty Shades sequel and a remake of the legendary Italian horror film Suspiria.

This week she stars opposite her 21 Jump Street co-star Johnny Depp — they appeared in the 2012 film — as Lindsey Cyr, mother of Bulger's son and the only person in South Boston who would stand up to the infamous killer.

Cyr is still alive but Johnson didn't think it was a good idea to meet with her.

"I feel like it would have been if my goal had been to be extremely accurate but my goal was to bring out a different side of Jimmy. We talked about meeting her but we decided that it would have added a bunch of components. You wouldn't see them. You wouldn't see the stories she was telling because it wasn't part of our story."

Instead she studied footage of the former diner waitress and lawyer's assistant.

"I did as much research as was available to me," she says, "but the majority of the footage I found on her was pretty recent and it was her looking back on her time with Jimmy Bulger.

"Obviously the time that we see them together (in the film) is when she is quite young. A lot of that came from working it out with (director) Scott Cooper and Johnny."

In her most intense scene she stares down and out-manoeuvres the controlling gangster after personal tragedy strikes the couple.

"There was a very heavy atmosphere on set but because Johnny was really not himself, he was a completely different person and because I'm not a mother and have never experienced anything as profoundly devastating as losing a child, I think we both completely slipped away from ourselves. That allowed us to create the scene the way it was."

ON ACTING

Edgerton portrays former FBI agent as a 'bad dude'

Joel Edgerton didn't meet the inspiration for his character in Black Mass, former FBI agent John Connolly. "He's alive and with us, albeit in federal prison and a little hard to reach," said the Australian actor. The real-life Connolly was convicted of racketeering and obstruction of justice charges stemming from his relationship with gangster James "Whitey" Bulger.

"His version of events doesn't line up with our version.... I felt like it was a little unfair to go and visit him in federal prison and say, 'You stay in here while I'm over here making you look like a bad dude.' It felt like it wasn't a very genuine thing to do." RICHARD CROUSE

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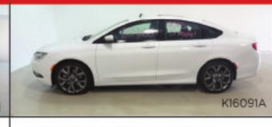
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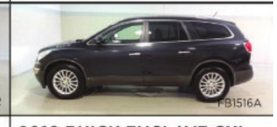
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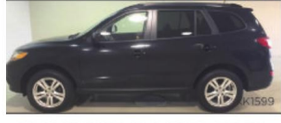
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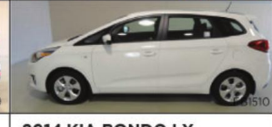
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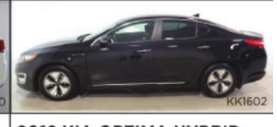
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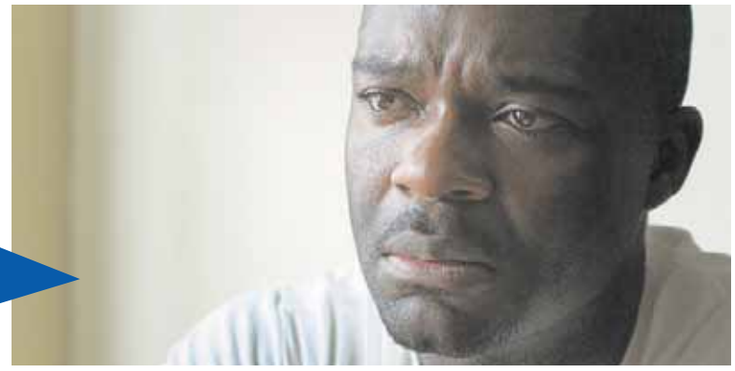
"Hope can always be found in the midst of a dark place."
David Oyelowo



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Kate Mara stars in Captive, opening this weekend. CONTRIBUTED

Redemption in odd places

TRUE STORY

Captive a tale of compassion in the face of terror

A new film explores the unique connection that formed between two broken people following one of the most terrifying events in Atlanta's recent history: a deadly courthouse shooting rampage.

Brian Nichols overpowered a deputy escorting him to court on March 11, 2005, for his rape trial, took her gun and fatally shot the presiding judge and court reporter and then killed a sheriff's deputy outside the building. He stole a car and drove to an affluent Atlanta neighbourhood, where he shot and killed an off-duty federal agent.

Ashley Smith was a lonely, widowed meth addict who had repeatedly failed in her attempts to kick drugs and regain custody of her five-year-old daughter. When she returned from a cigarette run after 2 a.m. March 12, 2005, Nichols forced her into her suburban apartment at gunpoint.

The film Captive, based on Smith's book Unlikely Angel, is set for release today. The film chronicles the seven hours that followed as Nichols held Smith hostage while a massive manhunt for him was under way.

In the film, Smith — played by Kate Mara — gains the trust of Nichols — played by David Oyelowo — by reading from Rick Warren's bestselling devotional book The Purpose Driven Life, talking about God and family.

"What it boils down to is one day we're all going to stand before God and we're going to have to answer for what we did or did not do," said Smith in a phone interview. "I guess that's why I was able to see him as a human being instead of just as a monster."

There's no question Nichols was a monster that day, Oyelowo said in a phone interview, but in Nichols' encounter with Smith, "through the humanity that she had and the vulnerability that she had and the way she treated him, somehow the humanity that was in him was able to come to the fore."

That led him to release her and surrender peacefully to police.

According to Oyelowo it's the journey of two broken people who come to realize "hope can always be found in the midst of a dark place." THE ASSOCIATED PRESS

THE TV DINNER JESSICA ALLEN

It's a story about friendship. 'But not in a knickers-shredding sort of way,' Jeremy Irons explained. 'It's a romance of a shared passion.'

The true story of Srinivasa Ramanujan who helped to revolutionize number theory despite growing up in poverty in Madras, India, with no formal education, is singular. The first time I heard his name was in Good Will Hunting, when, over dinner, Professor Gerald Lambeau tries to explain Will's inexplicable math aptitude to his soon-to-be-therapist, Sean. "This Ramanujan, his genius was unparalleled," says Lambeau. "(Will) is just like that."

Ramanujan is no longer a footnote in a Matt Damon movie: He's the subject of a new biopic starring Dev Patel and Jeremy Irons called The Man Who Knew Infinity, which had its world premiere on Thursday night at TIFF.

It's a beautiful film, with sweeping scenes in India, where Ramanujan conjures equations in his dreams, and at Trinity College at Cambridge, where professor G.H. Hardy, played by the inimitable Jeremy Irons, champions him.

Together, they extrapolate math theories and change the course of history. Throw in conflict — of culture, religion and racism — the First World War, romance and tuberculosis and the movie possesses all the trappings of a Hollywood blockbuster.

But it's ultimately a story about friendship. The real Hardy wrote that this was "the only romantic period in his life."

THE MOVIE: The Man Who Knew Infinity

THE MEAL: Heirloom tomatoes with shaved pecorino

"But not in a knickers-shredding sort of way," Jeremy Irons explained. "It's a romance of a shared passion."

The inimitable Academy Award-winning actor was speaking at a dinner with Tina Brown, who has edited the pages of Vanity Fair, the New Yorker and The Daily Beast, which she founded.

After enjoying heirloom tomatoes laced with shaved truffled pecorino, some 150 guests had to choose between entrees of either black cod or beef tenderloin.

After I noticed Irons, Brown and director Deepa Mehta were all eating the cod, I experienced order regret — until I tasted my beef.

What attracted Irons, who happily posed for photos with guests — but no selfies — to the role?

"Pure mathematics is not that different from art," he told Brown on stage after our plates were cleared.

"This is a world like nothing else, so to play a man who is just as enthusiastic (as Ramanujan), who would dream with (him), to have a chance to meet this Indian who, as if by magic, had dreams of mathematics" sold him.

Irons, who turns 67 on Saturday, has portrayed everyone from F. Scott Fitzgerald and Kafka to a pope and Poseidon on film, television and the stage. But which character would he have liked to actually be?

Father Gabriel from 1986's The Mission, a movie with arguably the best filmic score in history. What about Professor Hardy? Brown pressed him. "Yes," he said, "but I'm not made for Cambridge academia."

FASHION WEEK

Beckham and Minnie Mouse do it British style

New York is about to become old news — Fashion Week is now headed to London, where the Spring / Summer 2016 trends are about to hit the city's catwalks.

This season the stylish extravaganza will take place in SoHo. LFW is also launching its very own outdoor cinema and will be livestreaming from the runways.

The city will be crawling with supermodels but Minnie Mouse is set to get most of the attention thanks to the British Fashion Council and Disney exhibition Minnie: Style Icon which runs Sept. 19-20.

And speaking of style icons, the British fashion house Belstaff is set to premiere its new short film Outlaws, produced by Liv Tyler and starring none other than David Beckham, on Sept. 21. AFP

David Beckham GETTY IMAGES

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Back to back wins for Williams

RUNWAY REPORT

Her second collection draws fashion heavyweights

Serena Williams says her recent U.S. Open defeat was not a loss, but a win and a learning experience — and that she's happy for the opponent, Roberta Vinci, who derailed her quest for a Grand Slam.

"We should be happy for each other," Williams said in an interview this week after presenting her second collection for her fashion line, the Serena Williams Signature Statement Collection for the HSN network, at a high-profile runway show that drew influential Vogue editor Anna Wintour and other fashion heavyweights — not to mention Drake. "We have to build up each other. We can't be angry."

"I won four Grand Slam (tournaments) in a row, and got to the semis in another one, and I've done that twice," Williams said. "I mean how many people have done that? So it wasn't a loss for me, it was a win and a learning experience. I tried hard. Unfortunately (Vinci) just outplayed me that day ... She probably deserved it, and I am happy for her."

Williams, who won last year's U.S. Open as well as the next three Grand Slam tournaments after that, also said designing was a great break from the pressure of her tennis career. "I love what I do obviously, but I also sometimes need a break from that — and I love fashion," she said. "It's something I have a passion for."

Faux shearling jacket and drawstring cargo pants shown in Williams' runway collection for HSN. GETTY IMAGES

"We wanted a vibe that's ... '70s, in terms of the fringe and the suede and the colours," said Williams. GETTY IMAGES

Not that there wasn't also pressure coming from the fashion world. Williams said that this time, she really felt the need to deliver.

Williams, surprised by the attention and positive reviews her first collection garnered, felt the stakes were raised this time around. So she reached out to Wintour, she explained, and told her she was planning a second collection.

"She said, 'Let me help you, let me give you some notes'," Williams recounted. "She was able to mentor me and I was so appreciative of that. She said, 'I loved your first collection, I was so surprised, but how can we take it to the next level?' And I'm all about that!"

Williams' collection — shown to a soundtrack that included several of Drake's songs — had a very contemporary vibe, with lots of fringed leather and suede, in skirts, jackets and dresses. (She herself was wearing a revealing fringed leather skirt that showed tiny short shorts underneath.) Highlights included a sleek, tiered black fringed dress; a black gown with a line of fringe down the back; and a short, deep green bomber jacket.

"Everything that's in our collection will be available right away (online), so we have to be current," Williams said. "Fringe is one of the trends that we set upon. Also, we wanted a vibe that's homey, that's nostalgic, '70s, in terms of the fringe and the suede and the colours, so that really spoke to us."

Williams said that designing comes easily to her.

"It's easy because I went to school for it," she said. "Also, I have the most amazing team, and we work together."

She noted that her favourite role in the process is to sketch. "I love to sketch," she said. "I mean, that's what designers do. I'll sketch something and then they'll resketch it and make it perfect, and I'm like, that's exactly what we're looking for."

Earlier, on the red carpet, she tried to explain how she combined designing with her demanding life as an athlete.

"In between matches," she said. "We have this great group chat, and we just talk all day about the designs."

So, has she been able to sit down and breathe, since her final U.S. Open match last week?

"In a couple of hours I'll be able to breathe," she laughed.

THE ASSOCIATED PRESS

NY FASHION WEEK

Kanye ranking major with Yeezy Season 2 presentation

Kanye West's New York Fashion Week presentation united Vogue editor Anna Wintour, Lorde and Kim Kardashian — holding baby North West — in the front row.

West's Yeezy Season 2 collection was launched in four sets: First a de facto drill sergeant entered the stage wearing tan, and yelled, "First row, fall in. Second row, fall in." Others models followed, sporting the same colour and blond ponytails. The leader wore a hoodie. Kim Kardashian and North West matched the models with their own tan ensembles.

The clothes, which ranged from loose jackets to high-waisted pants to tank tops, were monochromatic and generally matched the models skin tone.

The next set, which also featured a model yelling orders, featured army green, followed by deeper brown and then black outfits. Mens pants were loose-fitting. Women wore leggings and bathing suits. Some of the models had baseball caps hiding their eyes.

Kourtney and Khloe Kardashian, Courtney Love, Common, Michael Strahan, Seth Meyers and former Vogue editor-at-large Andre Leon Talley also sat front row, while Jaden Smith, R&B singer Miguel and rapper Pusha T watched from the second.

All the models filed in for the finale, while catwalker and Internet style icon Ian Connor started smoking on the runway.

West appeared, earning loud applause as he walked in between four rows of models.

Earlier this year, when West debuted his Yeezy Boost shoe line for Adidas during Fashion Week, Beyonce, Jay Z, Rihanna and Diddy sat in the front show. At that show, North West made headlines when she cried, but the two-year-old was calm and relaxed for most of West's presentation Wednesday: As she sat on her mother's lap, she said "Mommy" a few times and licked a lollipop.

THE ASSOCIATED PRESS

Kanye West appears during the finale of Yeezy Season 2 at Skylight Modern. GETTY IMAGES

Empire's Cookie up for Emmy

TARAJI P. HENSON

A win would be first ever for a black woman in the category

Taraji P. Henson says she's honoured to receive the second Emmy nomination of her career for Empire, but she's not letting the feat define her.

"It feels good, but I feel like I've been getting the love all through the years from the fans. You can't wait for Hollywood to say ... you just can't. And I never did," Henson said in a recent interview.

Empire, the top-rated Fox series, helped put Henson's face on more screens than ever this year, thanks to her in-your-face, sassy and hilarious role as Cookie Lyon.

She's nominated for outstanding lead actress in a drama series at Sunday's Emmy Awards, pitting her against Viola Davis, Claire Danes, Elisabeth Moss, Robin Wright and Tatiana Maslany.

"The fact that I am getting nominated, that is amazing ... I am honoured, I am pleased. But what that represents for me is I've touched even more people through my talent, with the gift that God gave me," Henson said. "And that is what matters most to me."

A win for Henson or Davis would make either of them the first black woman to win the top drama acting Emmy.

Henson earned her first Emmy nomination in 2011 for her role in the Lifetime movie Taken From Me: The Tiffany Rubin Story.

She's starred in a number of TV shows and films, from CBS' Person of Interest to Hustle & Flow to the 2001 cult favourite Baby Boy, which regularly airs on BET.

Taraji P. Henson is up against Robin Wright , Claire Danes Viola Davis, Elisabeth Moss and Tatiana Maslany (pictured below) for the outstanding lead actress in a drama series. CONTRIBUTED

> **She's been in the game for a long time. It is about that time for her to get these nominations and awards that she has always been striving for.**
> Bryshere Yazz Gray

And she was nominated for an Oscar for her role in The Curious Case of Benjamin Button, opposite Brad Pitt.

"I'm overjoyed for this girl because I've watched her work so, so hard and just still be amazing. But this is her moment and she deserves it more than anybody because she has always been ... an amazing actress," said Mary J. Blige, Henson's friend who also appeared on Empire.

Bryshere Yazz Gray, who plays Henson's youngest son on Empire, said he was with Henson when she learned about her Emmy nomination.

"She was so happy, and she deserves it, you know, she's been in the game for a long time. It is about that time for her to get these nominations and awards that she has always been striving for," he said.

The anticipated second season of Empire returns Sept. 23. Henson says her character will reveal more about her jail stint.

"You are gonna see what life was like for her, those 17 years she was in prison. You'll just learn a lot more about her backstory, what makes her tick," she said.

"You'll get to see her explore and build relationships with her other two sons, you know, which I think is beautiful," Henson said of her TV sons Hakeem and Andre.

"Because everything she does is for her sons, so I was very adamant about wanting to explore the relationship with the other two boys."

Apart from the Emmys and Empire, Henson is also rejoicing in her personal life: She celebrated her 45th birthday last week.

But did she have cookies or cake?

"Cake. I am Cookie, honey. I was the cookie eating the cake!" she exclaimed.

THE ASSOCIATED PRESS

TELEVISION

Tatiana Maslany writing acceptance speech just in case

Emmy hopeful Tatiana Maslany faces off against some heavy hitters in the best actress category at this weekend's awards show bash and she's typically modest about the whole affair.

The Regina-bred Orphan Black star said she'll likely prepare an acceptance speech but "just so that I don't panic completely while I'm out there."

"I've never done it in the past and it's not served me well. So we'll see," Maslany said earlier this summer while on holiday.

You can forgive the versatile actress for downplaying her chances. She is undoubtedly the underdog.

Maslany perks up when talk turns to fellow Canadian nominee Semi Chellas, a TV screenwriter up for her work on the final season of Mad Men. Chellas was brought in as a consultant on the next season of Orphan Black.

THE CANADIAN PRESS

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Your essential daily news

Eyes on elephants: Google launches Street View service in Kenya's Samburu park

The Parisian underground

SEWER MUSEUM

'Everything comes through here,' says guide

Forget Versailles, the Eiffel Tower and French fashion. When you want to be impressed by a marvel of Parisian design head to the Musée des Égouts, a.k.a. the Sewer Museum.

Sure, not everyone gets the appeal of the city's subterranean spectacle.

But, as tour guide Jean-Charles Pintori put it, "They are wrong!"

In fact, it is one of the best places to be on a sizzling Paris summer day. Tucked deep underground, the museum maintains an even temperature, and the ambiance, while a little smelly in parts, is not overwhelming. In some areas, the air is quite fresh and with the artfully lit galleries and exhibits, you almost wouldn't know where you were.

Almost.

Walking past a canal, its dark surface prettily reflecting the glow of tunnel lights, you may see tiny bubbles popping on the surface, creating an effervescent sparkle — this is escaping methane gas.

Exhibits trace the history of Parisian sewage from the Middle Ages, when streets had drains for wastewater in the middle, to the current incarnation, which got a major overhaul in the mid-19th century under the supervision of city planner extraordinaire Baron Haussmann and engineer Eugène Belgrand.

The current system is unusual in that it also includes conduits for drinking water, handles rain runoff and houses telecommunications cables.

Displays of equipment, some antique, some current, show the tools used to keep the tunnels clear — workers remove about 15,000 cubic metres of solid waste per year.

It's a tough job. Still, there are some families who have worked in the sewers for generations and are proud of their public service. Most are men but there are about a half-dozen women.

Writer Victor Hugo called the sewers "that wonderful underground city" and used them as the setting for Jean Valjean's dramatic rescue of Marius in Les Misérables. You'll find a picture of the rescue in a corner of the museum along with a map showing the sewers as they were at the time the novel is set.

People aren't the only creatures travelling these tunnels, as a glass case full of stuffed rats indicates. There's also a display of antique swords — apparently at some point, someone somewhere tossed them and into the gutters they went. As Pintori pointed out, the sewers are "the intestines of Paris. Everything comes through here."

Modern-day Parisians are more likely to lose keys than fencing foils down storm drains. If that happens, there's a number you can call to ask a worker to go look for your lost possessions. Officials report they perform anywhere up to 3,000 such operations per year with an 80 per cent success rate.

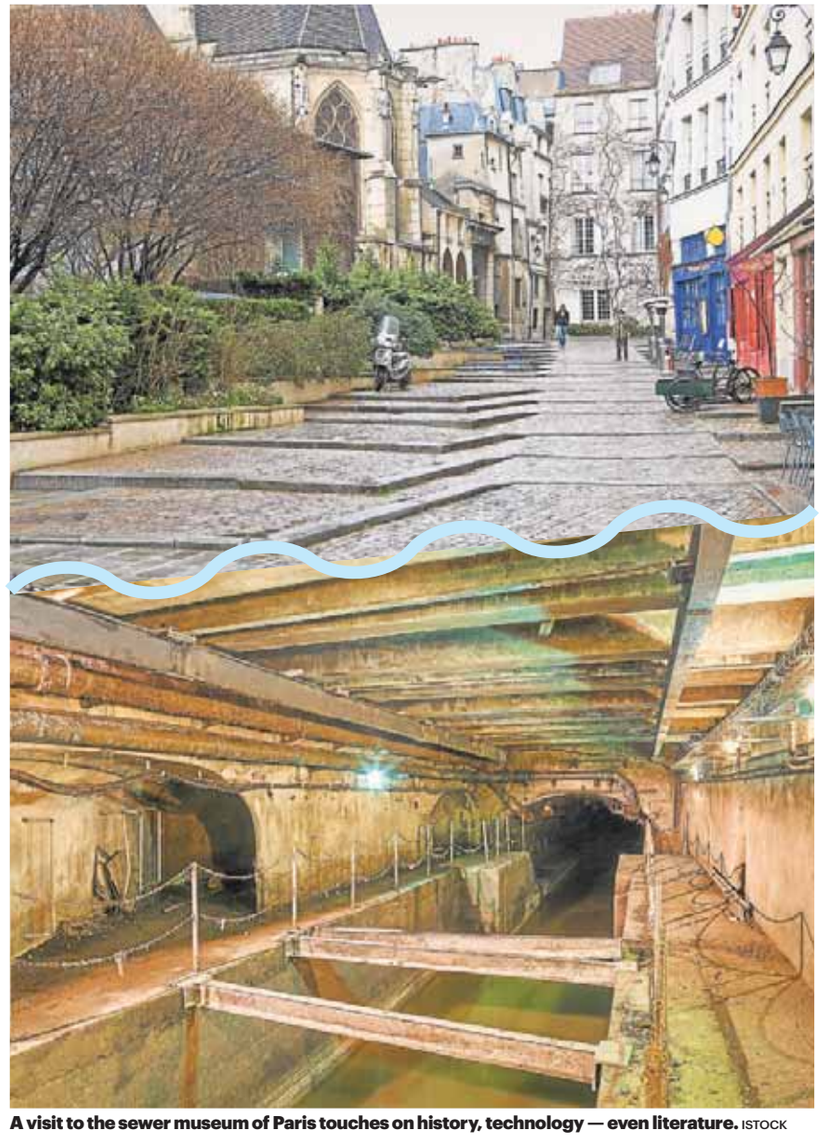
Like all good museum tours, this one ends at the gift shop where you can buy mementoes of your visit including stuffed (toy) rats.

Unlike most museum tours, departing visitors are admonished to wash their hands, to ensure they leave with nothing but memories.

THE ASSOCIATED PRESS

IF YOU GO

The sewer museum of Paris is near the Pont d'Alma and opposite 93 Quai d'Orsay. Admission: 4.40 euros (about $6.60). Guided tours are highly recommended but reservations are required. Online: http://en.parisinfo.com/paris-museum-monument/71499/Musee-des-gouts



A visit to the sewer museum of Paris touches on history, technology — even literature. ISTOCK

Beloved dive goes upscale in Chicago

ENTERTAINMENT

Outpost along riverwalk has free happy hour music

Tourists and locals gather at The Hideout offshoot. LINDSEY TANNER/THE ASSOCIATED PRESS

POP-UP SPOT
The Hideout Riverwalk at 35 E. Riverwalk South is open until Nov. 1.

You're in downtown Chicago on the hunt for a decent happy hour spot. Forget the boring bar scene and head along State Street to the south side of the Chicago River and down the concrete stairs under the Chicago Riverwalk sign. Follow the path to the right, under and beyond the bridge and you'll find an unlikely music-lover's oasis called The Hideout.

In nice weather, the riverwalk is a great hangout along the Chicago River, which cuts right through downtown. The walk features bike and kayak rentals, al fresco outposts of popular city restaurants, and new since this summer, free music at The Hideout, a prettified version of its original incarnation, a divey old-time bar and beloved music venue/hipster hangout four miles northwest of downtown.

The old Hideout is located in an industrial neighbourhood adjacent to a city garbage truck parking lot. The new Hideout by the river has a more upscale, less intimate feel but the same great selection of eclectic top-notch local music acts, four nights weekly from 5:30 to 7:30 p.m. and 1 p.m. to 3 p.m. Sundays. Drinks are fairly cheap, just like the original, and there's a small selection of food, including tacos on Tuesdays. The location, shadowed by the Trump Tower and an iconic bridge, features a small outdoor stage and indoor PingPong table.

THE ASSOCIATED PRESS

ON THE MOVE

Best getaways for fall foliage

Loren Christie
For Metro Canada

Fall in Algonquin Park in Ontario. ONTARIO PARKS

Leaf peepers, take note! For the next six weeks the autumn colours will be at their glorious best and fabulous getaways are waiting across the country.

Colourful Cabot Trail

Nova Scotia's Cabot Trail is a spectacular drive year-round, but in the fall it's at its best. The incredible ocean vistas never change but the maples and birches that blanket the highlands are exploding in vibrant colour. Pack a lunch and eat in one of the national parks' picnic spots to savour these last days of warm weather.

Consider going in mid-October and catch part of the 17th Celtic Colours Festival. Running from Oct. 9 through 17 this annual event features community dinners, shows and 47 concerts with local Celtic and international musicians.

Ontario's shifting landscape

One of Ontario's great fall drives is between the city of Sault Ste. Marie and the town of Wawa. Lake Superior Provincial Park, which inspired the Group of Seven painters, marks the transition point between a Great Lakes-St. Lawrence forest of sugar maple, red maple and yellow birch and a boreal forest dominated by evergreens.

If you want to stretch your legs, hike a section of the 65-kilometre Coastal Trail. If you are heading elsewhere in the province check out ontariotravel.net for live updates on the fall colour report.

Toast the season in B.C.

For those who enjoy the odd sip, the annual Fall Okanagan Wine Festival in British Columbia is set to run from Oct. 1 through 11. Crowds will gather to pair cheese with favoured pours, sample menus courtesy of young Okanagan chefs and challenge their taste buds during a host of blind taste tests all amidst the splendour of the autumnal harvest.

Choir al fresco

Should you prefer to raise your voice versus a glass, the first Come All Ye community singing experience is taking place in Trinity, N.L., from Oct. 2 to 7. The five-day choral workshop is aimed at people who share a love of singing, even if you have never performed publicly.

The program will comprise morning and late afternoon rehearsals with free time to hike stunning trails, visit nearby villages, photograph or simply relax. The choir will come together singing traditional folk, light classical and spirituals, and the whole experience will culminate with a concert by the group at the historic Garrick Theatre in nearby Bonavista. The package is being offered by Maxxim Vacations.

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TRAVEL NOTES WINE TASTING TO ISLAND HOPPING

Sonoma side trip
Sonoma County post-crush season is one of the best times to visit — after the tasting-room crowds have thinned out, but before the rich aroma of the harvest has dissipated. But Sonoma is more than just wine (only six per cent of the landscape is grown with grapes). The county is fun for foodies, families, outdoor adventurers, art lovers, history buffs and spa goers. Visit SonomaCounty.com.

Tour booking
Sure, winging it in a foreign country is fun, but sometimes you need preplanning, particularly in places that don't speak English. Recently expanding business in North America, online tour experts TourRadar.com houses tours of all stripes, with honest, unbiased comparisons based on real traveller reviews. Best bonus: No fees.

Bucket list: B.V.I.
Caribbean island chain the British Virgin Islands is a sailing hot spot, famous for pristine beaches and for the yachting enthusiasts who flock to the 50+ volcanic islands. Get in touch with the white sands of Tortola, the beachside boulders of The Baths on Virgin Gorda, the incredible landscape at Anegada and the folk tales of Jost Van Dyke. Visit BVITourism.com. DOUG WALLACE

Gustafson Family Vineyards, Healdsburg, Calif. CONTRIBUTED

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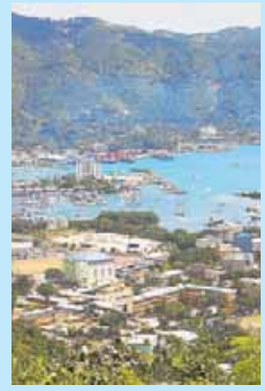
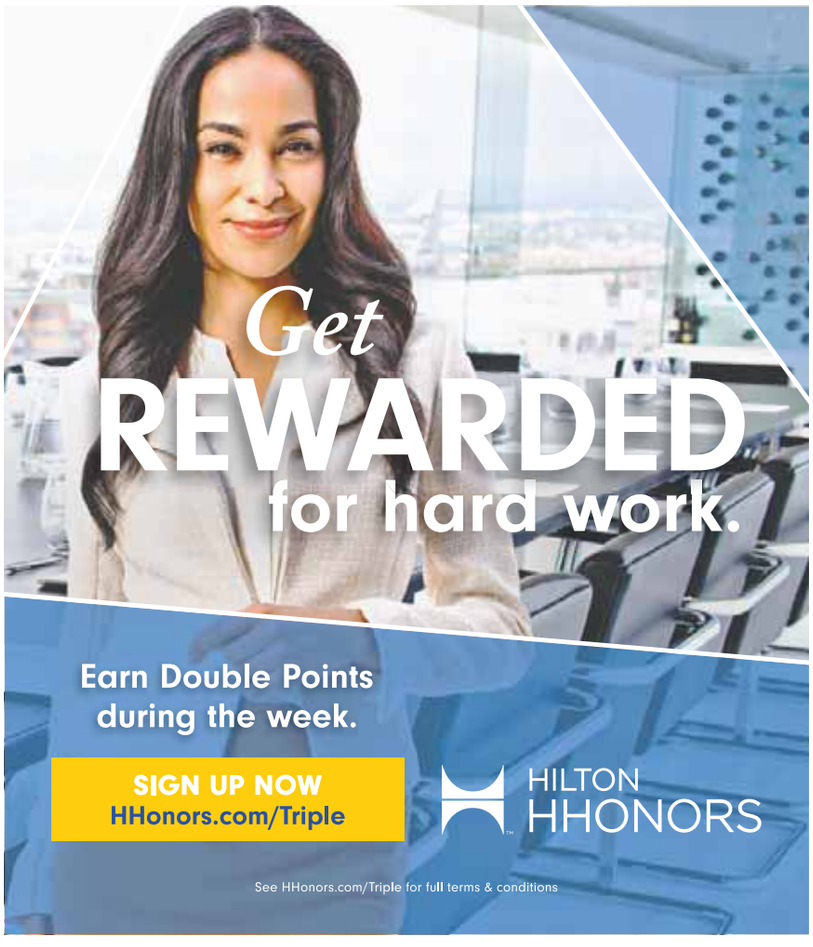


Road Town, Tortola, B.V.I. CONTRIBUTED



See what's new and classic in Seattle

A balloon vendor sets up shop next to the Space Needle. TED S. WARREN/THE ASSOCIATED PRESS FILE

WASHINGTON

Visit the gum wall, ride the Great Wheel in seaport city

It doesn't always rain in Seattle, despite its reputation, so pack sunglasses for your next visit, and be sure to catch new attractions like the Great Wheel along with classics like the chewing gum wall.

What's new

Seattle's newest attraction is the Great Wheel on the waterfront, near the Pike Place Market, with 42 enclosed gondolas that turn on a giant wheel. It's pricey for a 15-to-20-minute experience at $13 for adults and $8.50 for ages four to 11. But you do get a nice view of the Puget Sound and the city, and it's a good spot for vacation selfies.

One of the city's other relatively new attractions is the Chihuly Garden and Glass exhibit at Seattle Center, showcasing the work of Dale Chihuly, a native of the state of Washington known for his colourful, other-worldly glass creations. The museum is right next door to the Space Needle, Seattle's famous observation tower, so most tourists will come to the neighbourhood anyway. And the attached Collections Café is fun, offering a look at the artist's personal collections of everything from ceramic dogs to bottle openers.

Some adult visitors will enjoy a stop at one of Seattle's new recreational marijuana shops, but be warned that public smoking is outlawed. Seattle police would love to give you a special souvenir of your visit if you light up in a city park.

Classic attractions

Few people visit Seattle without stopping by the Pike Place Market, a mishmash of flower sellers, craft tables, restaurants, fish shops and lots and lots of people. If you have kids, don't miss Rachel the pig, near the corner where fishmongers play catch with salmon, and around the corner from the must-see gum wall, covered with wads of chewed gum. Ick factor aside, elsewhere there are some beautiful places in the market to relax with a glass of wine and enjoy the view, including The Pink Door and Café Campagne.

BALLARD

The neighbourhood of Ballard, which used to be its own city, is filled with some of Seattle's newest breweries, hip restaurants, little shops and rock music venues. Ballard has a nice Sunday market, but outdoor markets can be found all over town on the weekends.

The Space Needle is always a good bet. The Seattle Center attraction built for the 1962 World's Fair offers a 360-degree view of Seattle. New high-tech offerings make it possible to experience the view even when the sky is grey or take a quick virtual trip to some other Seattle attractions, like the market or the soccer field.

Seattle Center is also home to the EMP (Experience Music Project) Museum, filled with music history, instruments you can actually play, and Microsoft co-founder Paul Allen's awesome science-fiction collection. Through Oct. 4, the museum is exhibiting costumes from both Star Wars trilogies.

Another fun stop for families and history enthusiasts is Seattle's Underground Tour below the Pioneer Square neighbourhood. Learn true and nearly true facts about Seattle history, and you might even see a ghost.

Tips

For a free view and some exercise, walk up Queen Anne hill just north of downtown and visit Kerry Park. A series of hidden stairways will take you most of the way up.

Other gorgeous views can be had by walking on a ferry from the Seattle waterfront or taking a stroll in the Seattle Art Museum's sculpture garden on Elliott Bay.

If you have a car, drive an hour out of town to go hiking in the Cascade Range or drive a shorter distance to take an in-city hike at Discovery Park in the Magnolia neighbourhood or Golden Gardens in Ballard.

Seattle is full of weird and wonderful museums that don't make most tourist lists: from the Living Computer Museum to the Seattle Pinball Museum, The Museum of History and Industry and the Dialysis Museum at the Northwest Kidney Center. THE ASSOCIATED PRESS

EIGHT U.S. STATES

Trip on historic highway is all about journey, not destination

André Proulx
For Metro Canada

A route much travelled

Route 66 doesn't really exist anymore. The highway that originally connected Chicago to Los Angeles has long since been replaced by interstate highways. But, there are grassroots groups in every state Route 66 ran through that are keeping the spirit of the old highway alive.

While it's obvious that the start and the end of the highway are major tourist draws, for those wanting to experience the open road, the destinations in between are worth the drive.

Doing Route 66 is definitely for those who enjoy sitting down for long periods of time. The highway will take you through eight states (Illinois, Missouri, Kansas, Oklahoma, Texas, New Mexico, Arizona and California) and a variety of landscapes.

Here are a few suggestions on where to stop along the way.

Cuba, Missouri

When you drive off the interstate you will be travelling on one of the original stretches of Route 66 through Cuba, Mo.

Spend a night at the Wagon Wheel Motel, which opened in 1938 and was around during the height of the highway's popularity. Current owner Connie Echols purchased the property in 2009 and has restored it to a very comfortable motel.

Next to the Wagon Wheel is Missouri Hicks. Its meats are smoked to perfection, served dry with your choice of sauces available on the table. Ribs are the most popular thing on the menu but my pick was the brisket.

The Cadillac Ranch is covered with years of graffiti from years of Route 66 travellers who have an artistic inclination.

The Big Texan in Amarillo is home of the 72-oz steak challenge.
ALL PHOTOS ANDRÉ PROULX

Amarillo, Texas

Amarillo is a noteworthy stop because of the Big Texan. Opened in the 1960s, it is home to the 72-oz steak challenge: If you eat a 72-oz steak (that's 4 1/2 lbs of meat!), a shrimp cocktail, a baked potato, salad and dinner roll in one hour, your meal is free. I watched six poor souls attempt it and none succeed.

On the surface, the Big Texan looks like a tourist trap, but once inside it has a welcoming kitschy atmosphere that is infectious. It doesn't hurt that the food and in-house-made beer is great. The Big Texan also runs a motel where a room with two double beds cost $100 US.

Driving out of Amarillo there is an interesting art installation called the Cadillac Ranch, which is a series of old Caddies buried in a field with only the back halves sticking out.

Albuquerque, New Mexico

For a Canadian used to trees and plains, the landscape of the New Mexico desert is fascinating.

I stopped in Albuquerque for lunch at Taqueria Mexico. I can still taste the burrito I ordered in my dreams. When I was there the restaurant was always busy with limited seating. It does have a takeout window if you're just flying through the town.

Williams, Arizona

Williams is at the Junction of Route 66 and Arizona Highway 64 — which takes you to the Grand Canyon. We've all seen photos of the Grand Canyon, but they don't do it justice. Watching the sun creep over the western lip of the canyon is breathtaking.

The downtown strip in Williams is a trip back in time. Neon signs hang above diners with vinyl seats and stools bolted to the ground just like you'd imagine finding in the 1960s.

I spent the night at the Canyon Motel and RV park where you can stay in a train car they have converted into rooms. The regular motel rooms were built in the 1940s.

On your last stretch of highway between Arizona and California you'll want to make sure your air conditioning is working because you are driving through the sweltering Mojave desert. I made the drive in early August and the temperature outside reached 42 C.

By the time the desert hits your rearview mirror you will nearly be in Los Angeles. But let's face it — you'll still be thinking about that 4-1/2-lb steak you should have tried back in Amarillo.

Eyes set on upcoming flu season

PUBLIC HEALTH

How the government keeps tabs on influenza

Jacqueline Kovacs
For Metro

Brush up on the basics for this flu season at canada.ca/flu. SHUTTERSTOCK

Remember the swine flu pandemic of 2009-10? It was the fourth time the world had been hit with a lethal virus, the first round being back in 1918.

Researchers found this flu to be a new strain of H1N1, combining bird, swine and human flus, along with still another Eurasian pig flu virus — with a nasty result. By the time the virus had run its global course, some 18,500 people had died as a result of the swine flu, though researchers put that number much higher.

Regardless, people became far more attuned to the annual flu season — especially those in Canada's Public Health Network. That organization helped launch an influenza public awareness website — fightflu.ca. The site was designed to support seasonal influenza awareness as part of a national pandemic-awareness plan so people wouldn't be caught off guard.

The resource would also help dispel some of the mixed messages around influenza through a single website linking every provincial and territorial flu activity and resource.

Fast forward to 2014, and the federal government has joined in, integrating the site through canada.ca/flu. So what does all this mean for Canadians this coming flu season?

RELIABLE INFORMATION

"Laboratory-confirmed influenza has been nationally notifiable in Canada since 2000," said Maryse Durette, senior media relations advisor, serving Health Canada and the Public Health Agency of Canada. "However, influenza surveillance existed prior to that time. Canada's national influenza surveillance system — FluWatch — was established in 1996. Prior to 1996, influenza surveillance in Canada consisted of mostly laboratory data that was not nationally co-ordinated."

NATIONAL SURVEILLANCE

"FluWatch was developed with the aim to enhance the existing surveillance system for influenza in Canada, co-ordinated through a national organization," said Durette.

That's in keeping with FluWatch's two main objectives — providing up-to-date information on influenza activity in Canada to health professionals and interested Canadians, and providing information that the World Health Organization can use to make recommendations on the best vaccine to use for seasonal flu shots.

Get a jump on the flu this season by brushing up on the basics at canada.ca/flu.

A national flu first-aid kit: Keeping Canadians informed and healthy

Catching the flu isn't just unpleasant, it could be life-threatening, and its impact is felt across society and the economy.

Remember how SARS took a toll on Toronto? Afraid of getting ill, people avoided public places — and tourists avoided Toronto altogether.

While the annual flu might not always be quite as alarming as SARS was back in 2003, its ripples can be felt beyond your sick bed.

"A flu pandemic has the potential to have a massive impact on essential services," said Dr. Matthew P. Muller, medical director of infection prevention and control at Toronto's St. Michael's Hospital. "Think about the early stages when you have the flu. You work in an office with, say, five other people. You come in sick, infect them and it can really shut the place down."

To help raise awareness about these and other flu risks, the Public Health Agency of Canada co-ordinates an annual National Influenza Immunization Campaign to inform people about the benefits, safety and effectiveness of the flu shot and to educate Canadians about other prevention strategies, including handwashing, coughing into their elbows and staying home when they are sick.

The agency also works with Immunize Canada, a non-governmental organization, to support public health providers and health professional associations in raising public awareness about the benefits of the flu vaccine.

Their efforts include free posters, a fact sheet and a health professionals' pocket guide, all available through the agency's website. The agency also makes use of social media platforms such as Facebook and Twitter to encourage Canadians to get the flu shot.

Find up-to-date recommendations, frequently asked questions, information on local flu clinics and more at canada.ca/flu.

JACQUELINE KOVACS/FOR METRO

The Public Health Agency of Canada co-ordinates an influenza immunization campaign to inform people about the safety and effectiveness of flu shots. SHUTTERSTOCK

VACCINES

An app for shots

Are you finding it tricky to keep track of the various vaccines you and your family have had? There's an app for that.

The Public Health Agency of Canada has partnered with the Canadian Public Health Association, Immunize Canada and the Ottawa Hospital Research Institute to launch ImmunizeCA, an innovative free app that helps Canadians store their family's vaccination records.

While it doesn't replace official immunization records, the app does let you access your required provincial or territorial vaccination schedules.

Plus, you can access the latest vaccination info, get outbreak alerts and details for travellers.

JACQUELINE KOVACS/FOR METRO

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metro SPORTS

Commissioner Gary Bettman says, "the entertainment value of the game has never been better" as NHL camps opened

Canucks better now than a year ago: Benning

NHL PRE-SEASON

'Eventful summer' over with training camp underway

Cam Tucker
Metro | Vancouver

Vancouver Canucks general manager Jim Benning started his press conference with something of an understatement.

"It's been an eventful summer," said Benning, as the Canucks started training camp with physical testing at Rogers Arena on Thursday.

That's one way to put it.

The team will now travel to Prince George to begin the on-ice portion of camp, peddling optimism about their group of players with the 2015-16 regular season approaching, and a playoff disappointment and tumultuous off-season in the rear view.

Out: Centre Nick Bonino, taco-loving goalie Eddie Lack, veteran defenceman Kevin Bieksa and Zack Kassian, the young potential power forward that never lived up to that billing on any kind of consistent basis — at least not in a Canucks uniform. Brad Richardson and Shawn Matthias also signed elsewhere as free agents.

Vancouver Canucks general manager Jim Benning, right, and head coach Willie Desjardins speak to reporters during a news conference at Rogers Arena on Thursday. JENNIFER GAUTHIER/METRO

In: Centre and summer acquisition Brandon Sutter, unproven NHL goalie Jacob Markstrom, former Bruins defenceman Matt Bartkowski and scrappy bottom-six forward Brandon Prust.

The design behind the off-season moves, said Benning, was to be a faster team and one that was difficult to play against, as well as being better in transition starting with their defencemen.

"Some of the guys we added, it's to continue on the culture of what we're trying to do around here," said Benning.

"When you look at Brandon Prust and Brandon Sutter, these guys are competitive guys and they're sore losers. They don't like losing."

Benning reiterated it's the club's operative to remain competitive in the Western Conference while still trying to integrate younger players.

Bo Horvat, now 20 years old, was just the first. He's now entering his sophomore year after improvements made throughout the course of his rookie season.

Jake Virtanen, the 19-year-old forward that caused a stir in Penticton by running over Connor McDavid, could also vie for a roster spot, though he's eligible to return to the WHL.

"We're not going to rush our kids into situations they can't handle," said Benning. "We want to be a team that's competitive. I think our team is better now than it was last year but we're dealing with all the other teams in our division that got better, too."

SECURITY

New metal detectors will add 'peace of mind'

Jeff Stipec can understand why some Canucks fans feel new security measures at Rogers Arena are over the top, but he insists the changes, such as adding metal detectors at all entrances, will ultimately make fans feel safer.

"I've been born and raised in this community and I'm not really familiar with the same culture that might be out there in some NHL markets," Stipec, the Canucks' vice-president of hospitality and event operations said Thursday.

"We have to be wary of the one-offs and not the majority of fans coming here. I think at the end of the day, it is going to bring peace of mind they're going to be in a safe environment and I think that's the most important piece."

The Canucks announced the new changes Wednesday. The new metal detectors will be in use for the team's first home exhibition game against the San Jose Sharks on Sept. 22.

Stipec once again reiterated a message to fans to arrive 15 to 20 minutes earlier than they typically would for a game, in order to smoothly pass through security.

Stipec called the 50 new metal detectors a "significant capital investment" but didn't disclose a specific cost. There will be detectors placed in the parkade and media entrance, as well. CAM TUCKER/METRO

The first-place Stampeders will have top running back Jon Cornish available to them when the Lions visit McMahon Stadium Friday. JACK CUSANO/GETTY IMAGES

CFL

No rest for the Lions on trip to Calgary

These are tough times for the B.C. Lions.

Their already inconsistent offence vanished again in a home loss to the Ottawa Redblacks last weekend before another dwindling crowd at BC Place Stadium. They're two games below the .500 mark with their starting quarterback Travis Lulay on the six-game injured list and they'll face the West Division-leading and defending champion Calgary Stampeders after a shortened week on Friday.

Oh yeah, Jon Cornish, the top CFL rusher three straight years, is back from injury for the Stamps and will make his return.

Oh yeah, the Stamps haven't lost at home this season.

Oh yeah, Canadian-born receiver Austin Collie (knee) is out for the Lions and will be replaced in the offence by fifth-year receiver Marco Iannuzzi.

> **A lot of things that are taking place in a negative fashion are things we can control.**
> Lions DB Ryan Phillips

Oh yeah, and earlier this week, a report surfaced on Twitter that there was dissension in the Lions locker-room. (For the record, Lions head coach Jeff Tedford denied such problems amongst his players.)

Anything else? Did we miss something?

"A lot of things that are taking place in a negative fashion are things we can control," said veteran defensive back Ryan Phillips on Wednesday.

"We can control being disciplined. We can control playing at a high level all the time. We can control penalties.

"No one would care about this if we win the next couple of games. Everybody would be talking about everything in a positive mindset ... so it's all about the results."

CAM TUCKER/METRO

SEXUAL ALLEGATIONS

Kane meets media, says he's innocent

Speaking publicly for the first time since he became the subject of a sexual assault investigation, Chicago Blackhawks star Patrick Kane said Thursday he has done nothing wrong and expects to be exonerated.

Kane is accused of assaulting a woman in her 20s in August at his off-season home outside Buffalo, N.Y., a person familiar with the investigation told The Associated Press on condition of anonymity because police have not revealed details of the case. Kane has not been charged, but the investigation has shadowed the Stanley Cup champions for weeks.

"I cannot apologize enough for the distraction this has caused my family, teammates, this incredible organization and, of course, our fans," said Kane. "I am confident once all the facts are brought to light I will be absolved of having done (anything) wrong."

Kane deflected several questions that got anywhere close to the ongoing investigation.

"I know you guys have a lot of questions," Kane said at one point. "I'd love to answer them.... This just isn't the right time to do it, with my respect, the Blackhawks' respect for the legal process and what's going on, I really can't comment about that right now." THE ASSOCIATED PRESS

Chicago Blackhawks' Patrick Kane THE ASSOCIATED PRESS

IN BRIEF

NHLer charged with killing bear without licence

An NHL defenceman charged in connection with shooting a grizzly bear in British Columbia did not meet residency requirements for the provincial hunt, conservation officers say.

Clayton Stoner, 30, of the Anaheim Ducks, is accused of five offences, including two counts of knowingly making a false statement to obtain a hunting licence.

Court records show the statements were allegedly made in Stoner's hometown of Port McNeill in May 2013, when he played for the Minnesota Wild. Det.-Sgt. Cynthia Mann, with the B.C. Conservation Officer Service, said Stoner failed to meet rules under the provincial Wildlife Act. THE CANADIAN PRESS

Blue Jays take series Atlanta to extend lead

MLB

Estrada, Osuna combine for three-hitter against Braves

Marco Estrada combined with Roberto Osuna on a three-hitter, Cliff Pennington, Edwin Encarnacion and Josh Donaldson hit home runs, and the Toronto Blue Jays beat the Atlanta Braves 5-0 on Thursday night to extend their lead in the AL East.

The Blue Jays lead the New York Yankees, who did not play Thursday, by 3-1/2 games. Toronto won two of three games for their first series win over the Braves since 2008.

Estrada (13-8) allowed three hits with four strikeouts and two walks in eight innings. He did not allow a baserunner to reach second base.

Encarnacion led off the fourth with his 33rd homer, off Matt Wisler (5-8) and into the fifth row of the seats in left field. Pennington hit a three-run shot later in the inning.

Donaldson added a ninth-inning homer off Sugar Ray Marimon. Osuna pitched a perfect ninth.

The three homers boosted Toronto's season total to 207, most in the majors.

THURSDAY In Atlanta

BLUE JAYS	BRAVES
5	0

Atlanta's first hit in the third was a sharp grounder by Wisler that hit Estrada's right foot and bounced into left field.

Cameron Maybin hit a grounder between shortstop and third base in the fifth for the second hit. With two outs in the eighth, Andrelton Simmons hit a line-drive single to right.

Wisler has lost seven straight decisions since a 5-1 start to his rookie season. He allowed four runs and nine hits in six innings.

Former U.S. President Jimmy Carter and wife, Rosalynn, sat in their usual seats near the Braves' dugout. Carter, 90, recently announced he has cancer that spread to his brain.

The two received a loud cheer when shown on the video board during the "Kiss Cam" promotion. Carter kissed his wife and then gave a big smile as the cheers continued. Marcus Stroman will make his second start of the season Friday night in the opening game of a home series against Boston. THE ASSOCIATED PRESS

Ryan Goins has filled in at shortstop for the Blue Jays with regular starter Troy Tulowitzki out due to injury. JOHN BAZEMORE/THE ASSOCIATED PRESS

INJURY UPDATE

Tulowitzki to return to Toronto after examination

Manager John Gibbons said shortstop Troy Tulowitzki will join the team in Toronto after having a specialist examine his injured left shoulder. He was expected to miss at least two weeks after cracking his shoulder blade in a collision on Sept. 12.... Gibbons said 2B Devon Travis will have an exploratory arthroscopy on his left shoulder on Wednesday.

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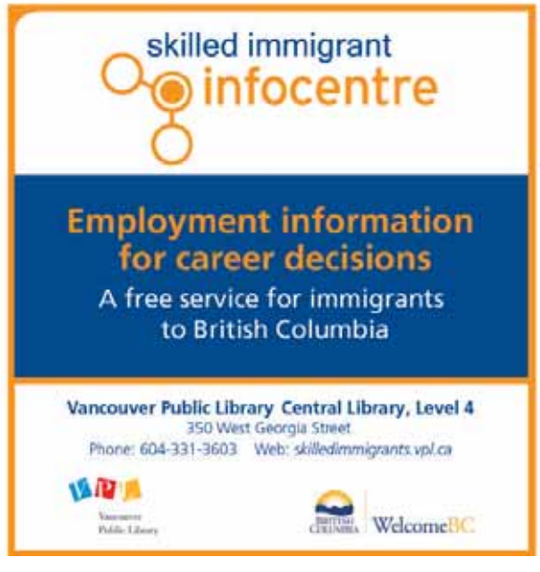
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Prep time: 15 minutes
Cook time: 18 minutes
Serves 4

Ingredients
- 2 tsp vegetable oil
- 1 cup diced onion
- 1 tsp minced garlic
- 1 1/2 cups chopped baby kale
- 1/4 cup finely diced sun-dried tomatoes (rehydrated)
- 1/2 cup crumbled feta cheese
- 4 boneless, skinless chicken breasts

Topping
- 1 cup panko crumbs
- 2 Tbsp grated Parmesan cheese
- 1 Tbsp olive oil

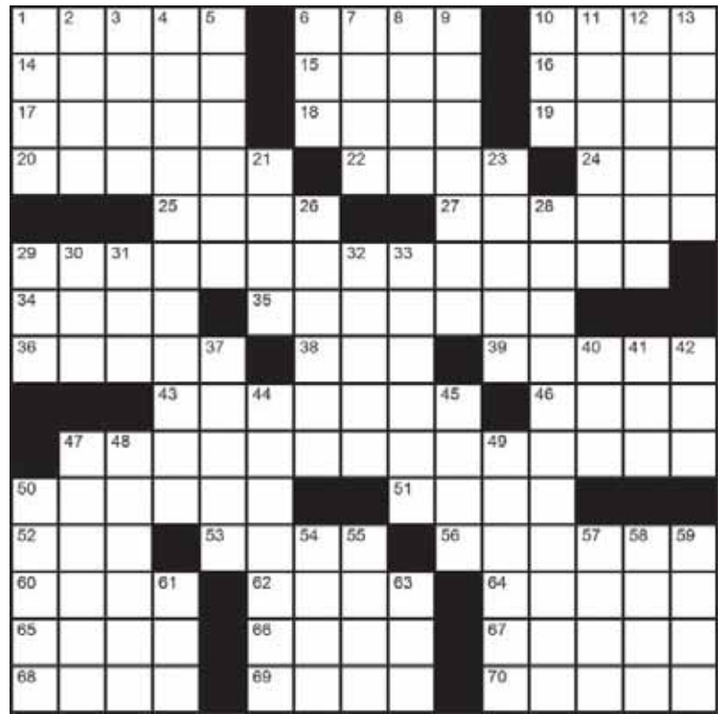
Directions
1. Preheat oven to 400 F.
2. In a hot skillet, add oil, onion and garlic and sauté for three minutes. Add kale and sauté until wilted. Add sun-dried tomatoes and feta cheese.
3. Split each chicken breast horizontally but not all the way through. Open like a book. Place in baking dish. Divide filling over top and close breast.
4. In a small skillet add panko, Parmesan and olive oil and sauté for one minute. Sprinkle panko over top chicken. Bake for 15 to 20 minutes or until temperature reaches 160 F.

Nutrition per serving
- Calories 374
- Protein 35 g
- Carbohydrates 25 g
- Fibre 2 g
- Total fat 14.4 g
- Saturated fat 5 g
- Cholesterol 86 mg
- Sodium 643 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Become a perished perishable
6. Formed
10. Scary movie hazes
14. ABBA musical, _ Mia!
15. Tel _, Israel
16. Annoying kid
17. Not suitable
18. Seedy joint
19. Comic actor Eric
20. Switzerland city
22. Wrapped garment
24. Model/actress Carol
25. Peel
27. Covets
29. For her multi-character work on "Orphan Black", Canadian actress up for an Emmy this weekend: 2 wds.
34. Audiences might react with "Brava!" upon hearing one
35. Suffer through the humidity
36. Old Rome's 1951
38. Passed in 1867, it made Canada [acronym]
39. Mom of Melanie of movies
43. La Seigneurie de l'Ile d'_ (Botanical oasis in Quebec)
46. 'Switch' suffix
47. As an example in Nova Scotia... Antigonish, because of St. Francis Xavier: 2 wds.
50. Trotsky's exiler
51. Chop _
52. River in Asia, _ Darya
53. Virtually, in verse
56. Sprint Cup Series org.
60. Pink, in Madrid
62. Flair
64. Be sparkly
65. "Hold on _ _!" (Wait!)
66. _ contendere (Court plea)
67. Comedian Ms. Fields (b.1930 - d.1978)
68. Stick around
69. Deuces
70. Sty slop

DOWN
1. Self-satisfied
2. Window piece
3. Sultanate of the Arabian Peninsula
4. Canadian petroleum company founded in 1880: 2 wds.
5. Riga's realm
6. Angry
7. Car rental company
8. Prima donna
9. New mountain climbing movie based on a true story
10. 'Most Wanted' org.
11. Decree
12. Ship's kitchen
13. Lets it stand (Proofreading term)
21. TV pundit Ms. Coulter's
23. Bay
26. "Mork & Mindy" star Pam
28. "America's Got Talent", basically: 2 wds.
29. Glasgow topper
30. Electrical discharge
31. Faith's country honey
32. Ms. Suvari's
33. Ms. Morissette
37. Canadiens coach Dick in "The Rocket" (2005)
40. _ rata
41. Black Eyed Peas chart-topper: "Boom Boom _"
42. Particle
44. Soft
45. Stupefy
47. Greatest extent
48. Feeling-ill state
49. Bakery supplies
50. Gilbert and Rue
54. Spa facial benefit
55. Angel's crown
57. _ Field (NY Mets ballpark)
58. Indigo dye
59. Spin
61. 'Fall' or 'Leg' suffix
63. Li'l things on telephone keypads

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A relationship may be going through a rough patch but there is nothing to worry about. Even so, you could make things easier for yourself by not giving them the impression you don't care, when you really do.

Taurus April 21 - May 21
Today a work colleague will move at their own speed — and that's dead slow. Don't bother losing your temper. Grit your teeth and bear it.

Gemini May 22 - June 21
Your priority must be to get out into the world and do what Geminis do best — have fun. Career and money worries can be left until another day, or another week, or another month. Leave them for another year!

Cancer June 22 - July 23
There will always be good days and bad days but there will be a lot more of the former if you change the way you assess what is "good" and what is "bad."

Leo July 24 - Aug. 23
However difficult your current situation may be you will handle it with ease. Whatever you have to face, today or any other day, is what you are meant to face.

Virgo Aug. 24 - Sept. 23
What happened in the past is irrelevant to your present situation — in fact it's a waste of time even thinking about it. Look back only to learn a lesson or two, then look forward and start moving forward too.

Libra Sept. 24 - Oct. 23
There is no reason why you should beat yourself up. If you indulge your emotions too much you may lose sight of all the good things you have to be thankful for.

Scorpio Oct. 24 - Nov. 22
Something that made perfect sense a short while ago now seems to make no sense. Don't worry about it. A day or two from now you will have forgotten why you thought it was so important.

Sagittarius Nov. 23 - Dec. 21
You may have strong views on controversial topics but the planets warn this is not the right time to make an issue of them. Wait until the Sun moves in your favor on the 23rd.

Capricorn Dec. 22 - Jan. 20
You may be having fun but consider the consequences which could arise from some of your impulsive actions. Think about what you are doing and why then tone down your act a bit.

Aquarius Jan. 21 - Feb. 19
The answers you seek are easily found, but only if you ask the right questions in the right way. You're an Aquarius, so think, speak and act big.

Pisces Feb. 20 - March 20
The best way to deal with a negative situation is to ignore it. No, really. The more you focus on what's going wrong the longer it will stick around, so starve it of the oxygen of attention and see how fast it shrinks in importance.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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				2				

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